NDSU

2016

Biennial Review

North Dakota State University
Fargo, ND
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Preface

The 2016 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 Alcohol and Other Drug (AOD) programs could be improved. The 2016 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 and other drug use among students is associated with property damage, violence, driving under the influence (DUI), lessening of academic performance, estrangement of social relationships, sexual assault, and memory loss. Studies outside the university show that substance abuse can result in serious bodily injury, illness, or death (National Institute on Alcohol Abuse and Alcoholism, 2012).

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-wide approach.
Description of NDSU AOD Prevention Support & Structure

President Dean Bresciani

President's Council on Alcohol & Other Drugs

Vice President for Student Affairs
Dr. Timothy Alvarez

Student Advisory Committee for Alcohol and Other Drugs

Assistant Vice President and Dean of Student Life
Janna Stoskopf

Director, Student Success Programs
Casey Peterson

Associate Director, Student Success Programs
Erika Beseler Thompson
(20% devoted to prevention)

Coordinator, Alcohol & Other Drug Prevention
Nicklaus Redenius
(100% devoted to prevention)

Two Student Community Organizers
Student workers (10-15 hrs/week)

12-month Graduate Research Assistant
(20 hrs/week)

9-month Graduate Research Assistant
(20 hrs/week)
A. Staffing

**Director of Student Success Programs:** In the fall of 2001, responsibility for leading NDSU Alcohol and Drug prevention efforts was assigned to the Director of Orientation & Student Success (now named Student Success Programs). 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 Student Success Programs office was logical. In addition, funds have since been designated for additional staff and programming related to alcohol and drug prevention out of this office.

**Associate Director, Student Success Programs:** The Associate Director of Student Success Programs position includes a 20% time allocation for direct involvement in AOD abuse prevention efforts, specifically assessment and research activities. The Associate Director also supervises the work of the AOD Abuse Prevention Coordinator (see below).

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

**Graduate Assistants:** The Office of Student Success Programs employs two graduate assistants to work directly in the Alcohol and Other Drug Abuse Prevention program. These positions are designed to support the work of the President’s Council on Alcohol and Other Drugs. In particular, the positions focus on providing presentations, carrying out research projects, program assessment, and grant writing in order to assist the coordinator in securing external funding for AOD abuse prevention at NDSU. Duties include assisting the Coordinator and Associate Director in carrying out research protocols for a variety of AOD research activities, presenting to a variety of groups including faculty, staff, and students, analyzing data from research and assessment projects and creating data summaries and publications for dissemination, seeking out external funding sources and preparing paperwork for grant submission. One position is a nine-month position and the other is a 12-month position. Both positions became permanently funded as of July 1, 2014.

**Student Community Organizer(s):** The Office of Student Success Programs employs two undergraduate students to work closely with the Graduate Assistants and Coordinator for Alcohol and Other Drug Abuse Prevention on initiatives to reduce high risk substance use 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,
assisting with research activities, creating program literature, serving on and coordinating the student advisory committee, networking with student organizations, faculty, staff and community members, leading outreach opportunities to promote prevention education messaging, and assisting in creating substance-free programs and activities.

B. Funding

Internal Funding: Currently, 20% of the Associate Director’s time is dedicated to AOD abuse prevention, along with 100% of the Coordinator’s time. These positions are fully funded with appropriated funds. Approximately $20,000 has been secured annually to conduct prevention programming and pay student community organizers to carry out the prevention work on a student level. Beginning with the 2009-10 academic year, funds were also secured from the President’s Office in the amount of approximately $100,000 to fund implementation of the Strategic Plan to Address High Risk Alcohol & Other Drug Use. Approximately $50,000 of this funding has been allocated permanently to fund an AOD counselor position in the NDSU Counseling Center. The remaining $50,000 for operating costs was permanently funded by the President as of July 1, 2014. These funds also cover the cost of the GA positions for the AODA program annually. Finally, collaborations for funding specific programs exist between SSP and other departments, such as the Memorial Union (Student Activities Office and Fraternity and Sorority Life), NDSU Athletics, Wellness Education, and Residence Life. In 2015, the PCAOD and Campus Attractions, a student-led organization functioning within the Student Activities Office (Memorial Union) completed a memorandum of understanding (see Appendix 1) detailing the permanent transfer of appropriated funding management for alcohol-free late night programming.

External funding: Previously, funds were secured as a result of a partnership with the Safe Communities Coalition of the Red River Valley (approximately $8,500 as of December of 2008). 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. Recently, five grants of $500 each were provided by the Federal Substance Abuse and Mental Health Services Administration (SAMHSA) to fund Town Hall meetings hosted by the NDSU President’s Council on Alcohol and Other Drugs. The meetings took place in April 2008, September 2010, October 2012, October 2014, and October 2016. External funding has also been provided by the North Dakota Partners in Prevention (NDPIP) grant and Campus Tobacco Prevention Project (CTPP) grant, which have been administered via the ND Higher Education Consortium for Substance Abuse Prevention. The NDPIP grant was administered from 2010 to 2012, and the CTPP grant was administered beginning in 2013 through 2015. The NDPIP grant funds provided supplemental funding for late night programming efforts on campus twice per semester, eCHECKUP TO GO (eCHECKUP) Alcohol, an online assessment tool designed to help college students evaluate their drinking, and the costs and implementation of the NDCORE Drug and Alcohol survey. The CTPP grant provided funding for eCHECKUP on all North Dakota University System campuses. In 2016, North Dakota state-appropriated funding, through the ND Higher Education Consortium on Substance Abuse Prevention, was allotted to each
participating institution to cover the costs of an eCHECKUP Alcohol subscription. Additionally, in spring of 2014, a $10,000 Transforming Youth Recovery grant was secured from the Stacie Mathewson Foundation for needs assessment and programming related to NDSU students in recovery. Finally, a $6,000 grant through the Strategic Prevention Framework State Incentive Grant (SPFSIG) in North Dakota, administered via Fargo Cass Public Health, was secured in Fall 2014 to support implementation of a media campaign aimed at decreasing high risk drinking through use of a blood alcohol content calculator mobile application called What’s Your Buzz?. In 2015, the AODA program applied for the grant extension and additional funding. The program was awarded an additional $11,000 to be used through the remained of the grant period (September 2016).

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 representatives from 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 the 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 (PCAOD) was formed in the fall of 2007 to address the important issues of alcohol and drug misuse. The group, currently chaired by Dr. Laura Oster-Aaland, Associate Vice Provost for Enrollment Management, and Matt Larsen, Director of Athletics, has involved campus and community stakeholders in drafting an initial three-year strategic plan that was unveiled to the campus in July of 2009 and a follow-up plan released in December of 2013. The mission, vision and goals of this Council are far reaching and touch every aspect of the campus community.

- The Council 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. This change was adopted in the spring of 2008. This institutional core value, along with the mission, vision, council core values, and goals are reflected below.

  o **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.

  o **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.

  o **Vision**: We envision a vibrant university environment where low risk decisions related to alcohol and other drug use are the norm. Achieving this vision will require widespread cultural change and sustained community investment.

  o **Core Values**: In support of the land-grant mission of the university, we have identified the following core values to guide and influence our daily work, interactions, relationships, and the culture of the council.
    - **People**: We derive strength from direct involvement of community members in our decision making and activities. We value the support of campus leadership and the voice of students, staff, and faculty in our work.
- **Scholarship**: We pursue scholarship through a commitment to discovery, integration, and application of evidence-based practice in our planning and implementation.

- **Teaching and Learning**: We foster an environment that supports low-risk decisions related to alcohol and other drugs in order to promote life-long learning and individual goal attainment.

- **Ethics**: We are committed to an ethic of care and stewardship of resources in all of our efforts.

- **Culture**: We value collaboration and communication with a diversity of people and institutions in order to gain broader perspective and understanding.

- **Accountability**: We strive to become leaders in alcohol and other drug prevention and position ourselves as a resource for the people of North Dakota.

  - **Goals:**
    1. Expand consistent alcohol and other drug (AOD) prevention messaging on and off campus
    2. Increase engagement with campus stakeholders
    3. Increase engagement with community stakeholders
    4. Reduce high risk alcohol and other drug use and related consequences of students identified to be at increased risk
    5. Expand and sustain institutional infrastructure related to AOD prevention efforts
    6. Support development and enforcement of consistent and effective AOD related policies
    7. Build and sustain solidarity among individuals and groups involved in alcohol and other drug prevention efforts

- A **strategic plan** was approved by President Chapman in July of 2009 and was completed in Spring 2012. A **final report** incorporating both qualitative and quantitative evidence of progress toward the goals of this strategic plan was completed in spring 2013. The current **strategic plan for 2013-2018** has been developed based on available data and evidence based strategies, and has identified new strategies to accomplish the current goals.
Alcohol-Free Options

A. Creation and Promotion of Alcohol Free Events:
-Campus Live: Campus Live, a late-night, weekend, alcohol-free event program, has been implemented throughout each academic year since Fall 2009. In the Fall of 2014, the program received permanent funding and was relocated permanently into the Campus Attractions Student Program. The Campus Live committee merged with the MU Live Committee (which was established in 1999) to create one weekend based alcohol alternative program. The Campus Live committee is responsible for programming and running the Campus Live programs such as Club NDSU, fitness nights, crafts and more. The weekly films are also chosen by the committee and played in the Memorial Union. Campus Live, managed by two coordinators, programs a variety of movies for the interest and enjoyment of the student body, as well as the campus live late night events that occur a minimum of the 1st and 3rd Fridays of the month and a minimum of one Saturday a month. In addition to entertainment, Campus Live provides free bowling and billiards in the Rec Center area, located in the lower level of the Memorial Union.

-Club NDSU: The first ‘Club NDSU’ was held in August of 2006. Four events were held each academic year in 2007-08 and 2008-09 with great success. These first events were partially funded and evaluated with a grant from the ND DOT (through the Safe Communities Coalition of the Red River Valley). Since this time, Club NDSU has become part of the Campus Live program and takes place twice per semester. Attendance varies from 125 to 2000+ students. Club NDSU is usually held during weekends when high-risk alcohol use increases, such as before finals, first week of the semester, opening day, etc. Each Club NDSU involves music, food, dancing, educational information, and a 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 are swiped, electronically recording the time and quantity of beverages consumed by each student. Following the event, students receive an individualized email thanking them for making a positive choice by attending the event and also including an estimated blood alcohol concentration, calories ingested, and money spent if they had chosen to drink alcohol instead of attending the alcohol free event. At some of the Club NDSU events, incentives are given away throughout the evening, as a way to encourage students to stay at the event (must be present to win).

B. Promotion and creation of student service learning and volunteer opportunities
-Volunteer Network: The NDSU Volunteer Network (VN) helps students, faculty, and staff find service opportunities in the Fargo-Moorhead and surrounding communities. NDSU students can fill out an intake form either online or in person to identify their interests, availability, and skills. VN staff work closely with community nonprofits to match students with volunteer needs identified on the intake form. The VN also coordinates events and services throughout the school year to address community needs and educate about social issues. The following include events that the VN coordinates:
The Martin Luther King Jr. Service Day, a day set aside for NDSU students, faculty, and staff to volunteer in the community. Around 300+ students turn their day off into a day for service by volunteering in the community. The Volunteer Network contacts various organizations in the FM area and links them with volunteers. In 2016, 293 student volunteers served a total of 879 hours in the community, benefiting several local agencies.

NDSU Service Crawl takes place during Welcome Week in the NDSU Memorial Union. Students are able to volunteer their time without ever leaving campus by visiting various stations to complete service projects.

The Big Event is a day of service in our local community during the spring semester to give back and say “thanks”. In 2016, 415 volunteers logged 830 volunteer hours in the community.

- Other Service Opportunities for Students: NDSU has hundreds of student organizations on campus. Each year student organizations, including Fraternity and Sorority Life organization members and residence hall students, participate in the Bison Service Challenge, which results in thousands of hours of service and thousands of philanthropy dollars raised. In 2013-14, these groups participated in over 35,284 hours of service and raised $49,695.59 for non-profits through fundraising initiatives. In 2015-2016, these groups continued to participate in over 30,000 hours of service, raising $23,738.27 for area non-profit organizations.

C. Campus offers a variety of alcohol-free settings with extended hours
- The NDSU Wallman Wellness Center’s fitness area offers extended hours:
  Monday-Friday: 5:30 a.m. to 11 p.m,
  Saturday: 8 a.m. to 9 p.m
  Sunday: 11 a.m. until 11 p.m
  Holidays: Hours Vary

- Memorial Union Hours:
  Monday-Friday: 6 a.m. – Midnight.
  Saturday: 9 a.m. – Midnight.
  Sunday: 12 p.m. – 12 a.m.
  Dead Week: Main level hours extended to 2 a.m.
  Finals Week: Main level open 24 hours (Monday – Thursday); closes at 5 p.m
  Friday: Closed on Saturday/Sunday
  Recreation and Outing Center:
    Monday-Friday: open until 11 p.m.
    Saturday & Sunday: open until 11 p.m.

- NDSU Library Hours:
  Monday-Thursday: 7:30 a.m. – Midnight
  Friday: 7:30 a.m. – 5 p.m.
  Saturday: 11 a.m. – 5 p.m.
  Sunday: 1 p.m. – Midnight
Dead Week & Finals Week: Open 24 hours

D. Nonalcoholic beverages at events
- NDSU Event Planning and Risk Management Assessment Form requires that “There will be an alternative non-salty food and beverage provided” at any off campus events where alcohol is present
- In the fall of 2003, NDSU dining services began a hospitality grant program to assist student organizations 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 for events held in the Memorial Union.
Normative Environment

A. Emphasis on class attendance and academic responsibility
- Focus on class attendance and academic responsibility is emphasized in the NDSU Policy Manual, Section 333, which states that attendance in classes is expected. This focus is also evident in the emphasis being placed on the use of the 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 currently about 50 instructors utilizing PRS clickers in their classrooms, primarily in large lecture-style classes of 300 students or more. Additionally, PRS is readily available in any classroom upon the request of the instructor.

B. Substance-free residence options
- NDSU maintains a dry campus, including its residence halls. The University Alcohol Policy 155 states: “The University prohibits the unlawful or unauthorized use, possession, storage, manufacture, distribution, or sale of any 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).” Please see Policy 155 for the full text.

- All NDSU sororities and three fraternities (Alpha Tau Omega, Farmhouse, and Sigma Chi) are dry houses. In compliance with the 2001 Greek Life Initiative and Action Plan, all Fraternity and Sorority chapters adopted a substance-free policy prior to Fall 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 21 years of age or older.”

- Since 2005, the NDSU Department of Residence Life has offered a Wellness Community for students located on one female and one male floor of a high rise residence hall. The Wellness Community is made up of first-year students that are interested in living a balanced and healthy lifestyle during their experience at North Dakota State University. 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 Spring of 2014, a survey was conducted of NDSU faculty, staff members, and administrators to determine their perceptions of alcohol and other drug use and problems on campus, awareness of policy and policy enforcement, support for efforts related to combating alcohol and other drug problems, and perceived ability to identify students who are experiencing a problem related to alcohol or other drugs.

Major survey findings include:
- Nearly all of NDSU faculty, staff, and administrators are aware of an NDSU AOD policy (99.2%) and believe NDSU is concerned about prevention (97.5%), both up slightly from 2011
- Slight increase in the number of faculty, staff, and administrators that are aware of AOD training programs at NDSU (73.5%, up from 69.5% in 2011)
- Slight increase in faculty, staff, and administrators who know how to refer a student or colleague with AOD problems (70%, up from 68.3% in 2011)
- Large decrease in faculty, staff, and administrators who wish to be involved in AOD prevention efforts (20.1%, down from 36.5% in 2011) though 18.4% of faculty, staff, and administrators state they are already involved in AOD prevention efforts
- On average, 54.9% of faculty, staff, and administrators would like to know more about how to help students make low risk decisions or help a student they suspected had a problem; 25.6% want to learn how to incorporate an AOD prevention message into their courses or interactions with students
- Faculty, staff, and administrators greatly overestimated students need for alcohol to have a good time (respondent = 29.2%; actual percentage=8.0%) but underestimated their drinking rates (respondent = 59.2%; actual percentage =74.9%)

- Since Spring of 2010, the University President has encouraged one faculty or staff representative from each department to complete the LIVE REAL Mentor Training program (see Normative Environment, section E) to serve as a reference for colleagues and students on issues related to high-risk alcohol and other drug use.

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.”

E. Alcohol Education and prevention efforts address misperceptions of drinking norms
- Electronic eCHECKUP TO GO (eCHECKUP), 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, eCHECKUP is designed to motivate students to reduce their consumption using personalized information about their own drinking and risk factors.

eCHECKUP is currently being required of all first-year students at NDSU. Funding to assist with implementation was provided by the ND Partners in Prevention grant from 2010 to 2012 and the Campus Tobacco Prevention Project from 2013 through 2015. In 2016, North Dakota state-appropriated funding, through the ND Higher Education Consortium on Substance Abuse Prevention, was allotted to each participating institution to cover the costs of an eCHECKUP Alcohol subscription. All first-year students are notified of the requirement to complete eCHECKUP prior to the start of their first semester, and they are sent multiple reminders throughout the first several weeks of the semester. Correspondence to students regarding the requirement comes from the Dean of Student Life and Coordinator for AOD Abuse Prevention. The following completion rates for eCHECKUP have been tracked:

- Fall 2009 = 947/2399 (39%)
- Spring 2010 = 49/49 (100%)
- Fall 2010 = 1961/2367 (83%)
- Spring 2011 = 49/50 (98%)
- Fall 2011 = 1762/2125 (83%)
- Spring 2012 = 37/41 (90%)
- Fall 2012 = 2358/2483 (95%)
- Spring 2013 = 43/45 (96%)
- Fall 2013 = 2342/2610 (90%)
- Spring 2014 = 43/46 (94%)
- Fall 2014 = 2,262/2,517 (90%)
- Spring 2015 = 32/38 (84%)
- Fall 2015 = 2539/2552 (100%)
- Spring 2016 = 45/48 (94%)
- Fall 2016 = 2257/2498 (90%)

A separate eCHECKUP subscription is also used with most first-time alcohol policy violators in conjunction with a reflective meeting with their hearing officer. Students that have been required to complete eCHECKUP as a sanction are also required 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 & McNeely, 2000).

- Electronic eCHECKUP TO GO Marijuana (eCHECKUP Marijuana) is a marijuana-specific personalized brief assessment and feedback tool designed to have students reflect on their marijuana use. The assessment takes students about 10-15 minutes to complete and is self-guided. This tool is then used to help guide brief intervention sessions facilitated by the NDSU Counseling Center for students who have a violation involving drugs other than alcohol.

- The Alcohol and Other Drug Abuse Prevention website is maintained with the purpose of educating students, faculty/staff and parents about high risk alcohol use. It has several
interactive calculators such as blood alcohol concentration, calories, and cost to help students assess their alcohol use. It also contains NDSU survey data from all years, answers to frequently asked questions, references to alcohol policies, referral information, NDSU-specific and national research findings, and resources for students, parents, faculty, and staff. Links to eCHECKUP and eCHECKUP Marijuana are also available on the website, along with information about relevant events or campaigns sponsored by AOD prevention programs.

- Educational sanctioning for AOD violations: most students who violate the NDSU alcohol policy have an initial meeting with a conduct officer. In the initial 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 either eCHECKUP or attend a CHOICES class. Students with a BAC of 0.15 or higher and/or students who were cited/document in high risk circumstances are typically referred to BASICS (Brief Alcohol Screening and Intervention for College Students) with the NDSU Counseling Center. Usually for a first violation involving drugs other than alcohol, students will be required to complete eCHECKUP Marijuana and go through a brief intervention program.

- The LIVE REAL Mentor program began in December 2009. The program seeks to increase the knowledge of the NDSU community about the effects of high risk alcohol and drug use and how to take further steps to promote an environment of safe and responsible attitudes toward alcohol. The program fulfills an objective of the PCAOD Strategic Plan to Address High Risk Alcohol and Other Drug Use. Faculty, staff and students who complete the training have the opportunity to identify themselves as a resource for those individuals seeking information and guidance on issues related to alcohol and other drug use. Trainees receive incentives for participating in training sessions and sign up for a listserv, which provides updates on AOD related prevention, research activities, and opportunities. As of Fall 2016, over 3,630 NDSU students, faculty and staff have completed the LIVE REAL Mentor Training program.

Additional sessions, including a marijuana-focused session, an alcohol and sexual violence session, and a parent and caring adult session were developed and presented as part of the LIVE REAL Mentor Educational Series. Additional information about the LIVE REAL Mentor Educational Series can be found on the [LIVE REAL Mentor website](#).

- First-year students and family members: Several attempts are made to educate parents and students about the impact that alcohol can have on their health and academic well-being at various high-risk times throughout their college experience. A brief overview of these efforts is provided below. A flier related to NDSU’s stance on alcohol and other drugs has been included in all Admission Office campus visit packets since Fall 2010.
Every year during orientation, the Conference, Orientation and Recruitment (COAR) team holds small group discussion sessions for incoming students to ask questions anonymously that the COAR team will answer. If questions about alcohol and other drugs arise, the COAR team presents normative information and promotes making low risk decisions.

A letter from President Bresciani is included in orientation packets for families, addressing the stance NDSU takes on student alcohol use and asking for parental support in reducing high-risk substance use among students.

Two informational brochures (see Appendix 2) regarding alcohol and other drugs are also included in orientation packets. One brochure is aimed toward parents/guardians of first year students. The brochure addresses how to talk with their students about alcohol and drugs. The second brochure is targeted at first year students. In addition to summarizing NDSU’s Drug and Alcohol policy, it addresses the frequently asked questions and provides normative data regarding alcohol use at NDSU.

During orientation, the Dean of Student Life and the Chief of University Police present a session for parents during the orientation day regarding safety and security, which includes an overview of alcohol and other drug policies.

In the fall, an email encouraging parents to discuss the eCHECKUP requirement with their first-year student is sent from Dean of Student Life.

In the fall, after classes are in session, the staff of the Alcohol and other Drug Abuse Prevention Program speaks with the majority of first year students through the Skills for Academic Success Course. The presentation is focused on addressing misperceptions of alcohol and other drug use among students on campus and providing basic alcohol knowledge to make low-risk decisions.

Students in the majority of Skills for Academic Success courses are also exposed to a chapter on safety, responsibility, and community with an emphasis on AOD and sexual assault prevention. Presentations related to this chapter have been presented in dozens of classes since Fall 2011.

The Alcohol and Other Drug Abuse Prevention program is also featured in a fall newsletter sent to family members of first-year students.

- The Before One More campaign was launched in Fall 2010. The student-designed campaign focuses on reducing the harmful consequences that come from students making high-risk drinking decisions. The campaign helps students understand when 'one more' can become 'one too many' by teaching them how to make low-risk decisions regarding alcohol use. For students under the age of 21, one is one too many. For students who do choose to drink, the campaign stresses how to do so in ways that keep them and those around them out of harm's way. Elements of the campaign include a web site with educational material, t-shirt giveaways, a Facebook page, and a variety of other
promotional efforts. Additional information, including campaign assessment data is available on the [NDSU Alcohol and Other Drug Abuse Prevention Programs website](#).

- **Use of normative information**: both injunctive and descriptive norms are used in a variety of alcohol prevention efforts at NDSU, including the LIVE REAL Mentor program, classroom and group presentations and training, and educational campaigns, such as Before One More. 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.

- **Educational presentations**: Staff members present numerous programs throughout the school year in residence halls, Fraternity/Sorority houses, classrooms, departments, and to other groups and organizations, including all first-year student-athletes and coaches. The CHOICES curriculum and LIVE REAL Mentor program curriculum are often used for these sessions.

**F. Student leadership promotes positive, healthy norms**

- 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 work full-time throughout the summer and live in the residence halls, providing leadership and assistance during the many summer conferences held each summer at NDSU. COAR team members are carefully selected and trained in a variety of topic areas, including AOD prevention.

- Welcome Week Leaders serve as guides and resources to new freshman during the first week of the semester. These students are purposefully selected as leaders and models of appropriate behavior on campus. Welcome Week Leaders are trained to proactively and positively address normative misperceptions of alcohol and other drugs among freshmen.

- The Office of Student Success Programs employs two undergraduate students to work closely with the Coordinator for Alcohol and Other Drug Prevention. These Student Community Organizers assist with initiatives to reduce high risk drinking at NDSU. The part-time positions were created during spring semester of 2002 and students work 10-15 hours per week. Duties include leading discussions with students, presenting to large and small groups of students, faculty and staff, assisting with administering surveys and other research efforts, creating program literature and campaign materials, serving on and coordinating the student alcohol advisory group, networking with student organizations, faculty, staff, and community members, assisting in creating alcohol free programs and activities, and promoting the message of the Before One More campaign along with other associated events via social media.

- Representatives from Student Government, including the Student Body President and Vice President, serve on various committees related to Alcohol and Other Drug Abuse
Prevention, including the President’s Council on Alcohol and Other Drugs and the Student Advisory Committee on Alcohol and Other Drugs.

G. Student opportunities for peer advising and mentoring
- The Department of Residence Life employs 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. Resident Assistants receive training related to alcohol and other drug abuse prevention and referring those struggling with AOD misuse.

- Academic Collegiate Enhancement (ACE) Tutors facilitate student academic skill development. Tutors coordinate learning and provide tutoring in a drop-in and small 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 referral agents and have a genuine concern for the academic needs of students, helping them to develop a stronger sense of self-confidence and self-efficacy. 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.

- 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. Mentors serve as role models, facilitate classroom discussion, provide student leadership, and serve as a member of the instructional team for the course.

- Campus Attractions Student Coordinators develop, organize and implement programs, which serve the cultural, educational, recreational, and social interest of NDSU and the surrounding community. Student Coordinators fill a variety of programmatic roles and receive a tuition stipend as part of the position.

- Bison Guides and Admission Assistants serve as tour guides and panel members during large campus visit days and assist the Office of Admission during other campus events. These volunteer student leaders have the opportunity to interact with prospective NDSU students and their families and be positive representatives of NDSU. Admission Assistants are regularly trained in normative information about NDSU student AOD use in order to provide factual information and counter stereotypes and misinformation.

- An additional opportunity for peer advising and mentoring is available through the COAR team (see description in section F: student leadership promotes positive, healthy norms).
H. Support is provided to students recovering from a substance abuse problem
- The NDSU Counseling Center employs eight full time mental health counselors, including three licensed psychologists. 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. 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 can be provided by the Counseling Center, referrals are commonly made to local substance use treatment facilities including First Step Recovery, Prairie St John’s Psychiatric Hospital, Sanford Hospital, South East Human Service Center, or a variety of high-intensity outpatient treatment facilities. 2014 NDCORE survey data indicated that 4.9% of students have undergone treatment for alcohol and/or other drugs; 7.9% consider themselves to be in recovery from alcohol or other drug abuse. In 2012, recovery housing, Alcoholics Anonymous, and personal counseling were the most frequently endorsed services for respondents who had been in treatment for alcohol or other drug misuse or considered themselves to be in recovery from alcohol and/or other drugs.

- In the spring of 2014, the NDSU Counseling Center received a $10,000 Transforming Youth Recovery grant from the Stacie Mathewson Foundation. The grant is intended to help identify and implement an effective support program on campus for students in recovery from addiction or students choosing a sober lifestyle. The process included a needs assessment, online surveys, individual interviews and focus groups. The Bison Recovery Community (BRC) was started in 2015 and continues to support an ongoing weekly AA support group on campus through the NDSU Counseling Center. The counseling center will be launching a SMART Recovery group in the Spring 2017 semester. The BRC CRP sent 2 representatives to the Association of Recovery in Higher Education (ARHE) conference in Atlanta, GA in 2016.
Alcohol Availability

A. Alcohol is banned or restricted on campus

- See NDSU Policy 155, and State Board of Higher Education Policy 918.

- Exceptions to this policy may include the lawful possession of alcohol in family student residences, 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.

- Under the recommendation of a special committee, an exception was made in March 2004 by the NDSU President to allow alcohol for those over the age of 21 during tailgating in parking lot sections E, F, and G of the Fargodome. Tailgating is allowed to start five hours prior to the start of NDSU home football games and ends 30 minutes prior to kickoff. Alcohol consumption is not allowed at any time outside of this designated time period and the designated lots. Furthermore, alcohol is not sold inside the Fargodome, and individuals are not allowed to consume alcohol in the tailgating area during the game, at halftime, or following the game. Any consumption and possession of alcohol is prohibited in all other Fargodome parking lots and all other lots on the NDSU campus at all times. The full tailgating policy is available on the official NDSU Athletics Website.

B. Alcohol is prohibited in public places

- See Fargo Municipal Code Section 25-1513,

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

- See NDSU Policy 155, and State Board of Higher Education Policy 918,

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

- See NDSU Event Risk Management Assessment Checklist

- In Fall 2010, section 4.4 of NDSU Policy 155: Alcohol and Other Drugs was updated based on feedback from the Campus Policy & Law subcommittee and NDSU’s General Counsel to provide guidance regarding the responsibilities of individual’s hosting university-sponsored events off-campus. Section 4.4 states, “university sponsored events that are held at locations off campus, and in which alcohol may be present, need to adhere to NDSU Policy 155. In addition, if alcohol will be served at the event, the sponsor of the event should ensure compliance with N.D.C.C. § 5-02-06(4) regarding individuals under twenty-one years of age at events where alcohol is served, and should especially become familiar with liability issues for knowingly serving alcohol to minors or obviously
intoxicated persons (N.D.C.C. § 5-01-06.1). Oversight of the distribution and consumption of alcohol is required at such events in order to manage risk. If the event is to be held on public grounds where alcohol will be served, the sponsor of the event is required to obtain the appropriate permit for the event per N.D.C.C. § 5-02-01.1(2) (event permits).” This policy change was approved by the Policy Coordination Committee and the Faculty and Staff Senates.

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

- Fargo municipal code 25-1503 E states that mandatory server training is required of all liquor licensees. 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. 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 often attempted 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 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.

- The NDSU Division of Student Affairs has also established advertising and sponsorship guidelines that are more stringent than the university policy on alcohol and other drugs. Among other types of advertising, these guidelines restrict the advertising of alcoholic beverages or other products, as well as some establishments that sell or serve alcohol, in Student Affairs publications, or as sponsors of Student Affairs programs or activities.

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

- See NDSU Policy 155

C. Content of Party/Event Announcement is limited

- See NDSU Policy 155

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

- See NDSU Policy 155

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

- See NDSU Policy 155.

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

- There is no official policy in place; however it is has been the practice of the NDSU Bookstore to refrain from selling alcohol paraphernalia.
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 has remained fairly consistent based on the increase in student enrollment over the past several years. The increase in other drug violations over the last few years may reflect an increase in usage of substances such as marijuana and prescription drugs.

<table>
<thead>
<tr>
<th>Academic Year</th>
<th>Alcohol</th>
<th>Other Drug</th>
<th>Total*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005-2006</td>
<td>532</td>
<td>14</td>
<td>788</td>
</tr>
<tr>
<td>2006-2007</td>
<td>451</td>
<td>26</td>
<td>849</td>
</tr>
<tr>
<td>2007-2008</td>
<td>422</td>
<td>29</td>
<td>665</td>
</tr>
<tr>
<td>2008-2009</td>
<td>538</td>
<td>37</td>
<td>729</td>
</tr>
<tr>
<td>2009-2010</td>
<td>610</td>
<td>39</td>
<td>893</td>
</tr>
<tr>
<td>2010-2011</td>
<td>621</td>
<td>59</td>
<td>1,030</td>
</tr>
<tr>
<td>2011-2012</td>
<td>589</td>
<td>66</td>
<td>865</td>
</tr>
<tr>
<td>2012-2013</td>
<td>667</td>
<td>73</td>
<td>1,078</td>
</tr>
<tr>
<td>2013-2014</td>
<td>647</td>
<td>70</td>
<td>962</td>
</tr>
<tr>
<td>2014-2015</td>
<td>584</td>
<td>109</td>
<td>1,021</td>
</tr>
<tr>
<td>2015-2016</td>
<td>649</td>
<td>156</td>
<td>1,252</td>
</tr>
</tbody>
</table>

- The number of disciplinary cases handled by the Office of the Dean of Student Life* (off-campus violations) involving alcohol and other drugs remained fairly consistent based on the increase in student enrollment for several years. The decrease in violations reported beginning in January of 2011 (through 2012) may be due, in part, to local law enforcement completing a software transition that prevented timely or complete receipt of violation information. In addition, a change in practice by the local police department has prevented DUI and other drug case information from being provided to the university prior to final court decision and action. This has led to an overall decrease in reporting these cases to the university.

<table>
<thead>
<tr>
<th>Academic Year</th>
<th>Alcohol</th>
<th>Other Drug</th>
<th>Total*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005-2006</td>
<td>434</td>
<td>9</td>
<td>507</td>
</tr>
<tr>
<td>2006-2007</td>
<td>360</td>
<td>14</td>
<td>442</td>
</tr>
<tr>
<td>2007-2008</td>
<td>418</td>
<td>20</td>
<td>501</td>
</tr>
<tr>
<td>2008-2009</td>
<td>445</td>
<td>28</td>
<td>525</td>
</tr>
<tr>
<td>2009-2010</td>
<td>582</td>
<td>42</td>
<td>687</td>
</tr>
<tr>
<td>2010-2011</td>
<td>472</td>
<td>12</td>
<td>558</td>
</tr>
<tr>
<td>2011-2012</td>
<td>280</td>
<td>7</td>
<td>412</td>
</tr>
<tr>
<td>2012-2013</td>
<td>414</td>
<td>18</td>
<td>469</td>
</tr>
<tr>
<td>2013-2014</td>
<td>225</td>
<td>17</td>
<td>444</td>
</tr>
</tbody>
</table>
- Sanctions handed down for each violation are dependent upon the severity of the incident or absence of prior alcohol or other drug violations. A menu of conditions (see Appendix 3) for AOD violations is used as a guideline when determining sanctions.

- A Parental Notification policy is in place at NDSU. The policy allows for (but does not require) notification of parents or guardians of students under 21 who are found responsible for violating NDSU’s AOD policy. For most violations regarding alcohol and other drugs, including first-time violations, parents of students under 21 receive a letter explaining that the student has violated the policy, encouraging the parents to have a conversation with the student about the incident, and providing educational resources for parents to reference. Additional information on NDSU’s Parental Notification policy can be found on the NDSU Student Life website.

- For more details concerning sanctions, see the Code of Student Behavior

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

- The number of alcohol-related citations written or complaints received by the NDSU Police Department* has decreased or remained relatively stable (see numbers below). Drug-related complaints have steadily increased while actual arrests have trended downward.

<table>
<thead>
<tr>
<th>NDSU Police Department AOD Citations and Complaints*</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consuming in Public</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Drug Violation Arrest</td>
<td>37</td>
<td>50</td>
<td>42</td>
<td>31</td>
<td>26</td>
</tr>
<tr>
<td>Drug Violation Complaint</td>
<td>39**</td>
<td>64</td>
<td>72</td>
<td>90</td>
<td>95</td>
</tr>
<tr>
<td>DUI</td>
<td>40</td>
<td>64</td>
<td>76</td>
<td>38</td>
<td>11</td>
</tr>
<tr>
<td>Intoxicated Person Complaint</td>
<td>80**</td>
<td>84</td>
<td>76</td>
<td>66</td>
<td>62</td>
</tr>
<tr>
<td>Loud Party</td>
<td>13**</td>
<td>18</td>
<td>4</td>
<td>11</td>
<td>7</td>
</tr>
<tr>
<td>MIP/MIC</td>
<td>169</td>
<td>147</td>
<td>94</td>
<td>115</td>
<td>116</td>
</tr>
<tr>
<td>Open Container</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>0</td>
</tr>
</tbody>
</table>

*The total number of violations reflect the date of incident during a given academic year for individuals enrolled at the time of the incident. The total violation number includes all incidents reported to the department above, including alcohol, other drugs, and all other code violations. If an incident involved both an alcohol and a drug violation, the incident will be counted in both the alcohol and drug columns. The incident numbers are not always reflective of how many cases were heard, as information collected while a student has taken time away from the University is held until the student returns. The incident numbers do not reflect if a student was found responsible for a violation, only if the student was charged by the University.
Urinating in Public 7 5 0 2 0

*The NDSU Police Department held concurrent jurisdiction within the City of Fargo until 2015. As such, arrests made up until this time may have involved citizens who are not NDSU students.

**Due to a change to new police record keeping software (New World) in March, 2011, these numbers are a compilation of NDSU Police Department records from January and February, 2011 and New World records from March to December, 2011.

C. Education for sellers/servers about legal liability
- Fargo municipal code 25-1501 states that mandatory server training is required for all liquor licensees, including restaurants.

D. Enforcement of ID checks at off-campus bars and liquor stores
- Fargo Police Department 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. (see numbers below).

<table>
<thead>
<tr>
<th>Fargo Police Department Compliance Checks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year</td>
</tr>
<tr>
<td>------</td>
</tr>
<tr>
<td>2011</td>
</tr>
<tr>
<td>2012</td>
</tr>
<tr>
<td>2013</td>
</tr>
<tr>
<td>2014</td>
</tr>
<tr>
<td>2015</td>
</tr>
</tbody>
</table>

Compliance checks are also conducted in West Fargo and Cass County. In 2014, 47 establishments in West Fargo were checked with 43 passing for a 91 percent compliance rate. In 2015, 31 establishments in West Fargo were checked with 27 passing for an 87 percent compliance rate. In 2014, 45 establishments in Cass County were checked with 42 passing for a 93 percent compliance rate. In 2015, 40 establishments in Cass County checked with 34 passing for an 88 percent compliance rate. As of 2014, the Fargo Police Department no longer coordinates checks for Moorhead/Clay County.

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 conduct alcohol compliance checks monthly to ensure that establishments are not making sales to minors.

- Fargo Municipal Code 25-1512 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 representatives from the community partnered with a local senator to successfully introduce legislation regarding fake and false identification for the 2011 North Dakota legislative session. Support for this legislation was obtained from the ND Police Chief’s Association, as well as members of the hospitality industry, and the legislation has since been implemented statewide. This legislation allows a licensed retailer or municipal liquor store to seize a form of identification if there is reasonable grounds to believe that it has been altered, falsified, or is being used to violate any law. If the ID is seized, the retailer or liquor store must give to their local law enforcement agency within 24 hours (North Dakota Century Code 5-01-08.3 Sub 2-3).

G. Use of undercover operations at retail alcohol outlets
- The Fargo Police Department 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 outlines the penalties for failing a compliance check/making a sale to a minor.

H. Enforcement of DUI Laws
- Since October of 2004, the Fargo Police Department has conducted sobriety checkpoints in the City of Fargo. In 2012, five checkpoints were conducted, resulting in nine DUI arrests. In 2013, four checkpoints were conducted, resulting in eight DUI arrests. In 2014, one checkpoint was conducted, resulting in three DUI arrests. The Cass County Sheriff’s Office conducted a sobriety checkpoint in March 2016. The Fargo Police Department receives funding from the North Dakota Department of Transportation to conduct the checkpoints. The Cass County Sheriff’s Office and other regional law enforcement officials often partner with the Fargo Police Department to assist with the checkpoints.

- All local and regional law enforcement agencies are actively committed to the enforcement of DUI laws. Fargo Police Department DUI arrests have trended downward since 2013. DUI arrest totals were 724 (2013), 666 (2014), 638 (2015). A total of 534 DUI arrests were reported for 2016 as of December 28, 2016. These arrests include those made on regular shifts, special detail shifts, DUI saturation patrol shifts, and DUI checkpoints.

I. Establishment of Dram Shop Laws
- North Dakota Century Code (NDCC 05-01-06.1) 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 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 President’s Council on Alcohol and Other Drugs (PCAOD) was established in the fall of 2007. The council is made up of faculty, staff, students, and administrators appointed by the President of NDSU. Its purpose 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. Specifically, the PCAOD works to create an environment that supports low-risk decisions related to alcohol and other drug use, empower students, faculty and staff to make low-risk decisions related to AOD use, and support individuals who already make low-risk decisions or choose to abstain from AOD use.

- The Student Advisory Committee for Alcohol and Other Drugs was established 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 board is comprised of student leaders from several student organizations including: Fraternity & Sorority Life (one male, one female), Athletics, Campus Attractions, Bison Ambassadors, Saddle and Sirloin, Residence Hall Association, Student Government, and International Student Association, Healthy Herd Champions, Violence Prevention Educators, as well as a graduate student representative.

**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 North Dakota University System Director of Student Affairs provides oversight and support for the consortium’s efforts.

- The AOD Abuse Prevention coordinator is currently representing NDSU and the PCAOD on the Fargo Community Coalition. This group represents stakeholders throughout the community, including local communications businesses and Fargo Public Schools. The coalition was initiated out of Dakota Medical Foundation (DMF), led by Dr. Chris Rood, with the goal of obtaining SAMHSA drug-free school and communities funding. In October 2016, the coalition awarded SAMHSA DFC funding in the amount of 125,000 for five years, with the opportunity for another 5 years of funding thereafter. Dr. Rood and Ron Schneider were hired as co-administrators of the grant. The coalition’s
main goals center on reducing adolescent substance abuse by focusing on risk and protective factors in youth, with particular attention to social capital.

- In October 2016, the AOD Abuse Prevention coordinator was invited to represent NDSU and higher education sector on the Mayor’s Blue Ribbon Commission on Addiction. The commission is comprised of a steering committee and three expert panels (Primary Prevention, Treatment and Recovery). Representation on the commission includes representatives from several sectors, including: local schools (both public and private), public health (North Dakota and Minnesota), city governments, law enforcement (Fargo), business, mental and behavioral health services, etc. The commission’s initiatives and target outcomes will be determined by the early part of 2017.

- NDSU student affairs staff, legal staff, and law enforcement staff have developed positive, collaborative relationships with community law enforcement agencies and judicial representatives. Representatives communicate regularly about shared concerns related to student behavior in the community, including a biennial meeting for campus officials and local law enforcement representatives. The focus is usually around drug and alcohol behavior. As a result of these relationships, 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, these relationships have led to mutual city and university support for city ordinances and state laws related to alcohol and other drugs.
Assessment of Alcohol and Drug Abuse Prevention Efforts

A. Student Alcohol, Tobacco and Other Drug Use Surveys
- The North Dakota Core Alcohol and Drug Survey (NDCORE) was developed in partnership with the Core Institute (Southern Illinois University, Carbondale, IL) 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, 2008, 2010, 2012, 2014 in an attempt to measure student drinking and drug use behaviors, as well as student perceptions of the norms surrounding alcohol use among their peers. Results of the 2012 and 2014 surveys are available on the NDSU Alcohol and Other Drug Abuse Prevention website.

- In 2015 a special task force was formed from members of the PCAOD and NDHECSAP to explore the feasibility of revising the survey administration strategy for the 2016. As a result, the task force created an updated survey, the North Dakota Alcohol, Tobacco, and Other Drug Survey (ND ATOD Survey), specifically adapted to be administered electronically. To preserve the integrity of the longitudinal data, the survey continues to include items from the nationally administered Core Survey through an arrangement with the Core Institute. Data collection for the ND ATOD Survey began at NDSU in October 2016. Results are expected in early 2017.

B. Faculty & Staff Survey
- In Fall 2008, Spring 2011 and Spring 2014, 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. Results are available on the NDSU Alcohol and Other Drug Abuse Prevention website.

C. PCAOD Strategic Plan
- Beginning in fall 2009, the President’s Council on Alcohol and Other Drugs implemented a three-year strategic plan to address high risk alcohol and other drug use. This plan was concluded in 2012, and a new five-year strategic plan was implemented in December of 2013. The new strategic plan is focused in four different areas: high-risk students and groups, campus programs, teaching, learning and research, and outreach. The following behavioral outcomes were identified as part of the 2013-18 strategic plan. These outcomes project target goals of five percent reductions to be achieved by 2018. The outcomes will be assessed based on data from the 2014 NDCORE Survey and 2016 – 2018 ND ATOD Surveys.
  1. Reduce the percentage of NDSU students who engage in high-risk drinking (5+ drinks/sitting at least once in past two weeks) from 50.1% to 47.6%.
  2. Reduce the average reported Peak blood alcohol concentration (BAC) from .111 to .105 for males and from .112 to .106 for females.
  3. Reduce the percentage of NDSU students who consumed alcohol in the past 30 days from 71.1% to 67.5%
4. Reduce the percentage of underage NDSU students who consumed alcohol in the past 30 days from 61.6% to 58.5%.

5. Reduce the majority (10) of the 19 negative consequences reported by NDSU students, with special attention to:
   a. Reduce the percentage of students who report missing class due to alcohol and other drug use from 26.2% to 25.0%.
   b. Reduce the percentage of students who report performing poorly on a test or important project because of alcohol and/or other drug use from 20.3% to 19.2%.
   c. Reduce percentage of students who report getting in trouble with police, residence hall, or campus authorities from 10.3% to 9.9%.

6. Reduce the percentage of students who used marijuana in the past 30 days from 8.4% to 8.0%

The following process-oriented outcomes were also identified to assist with assessment of strategic plan programs and services. The data sources listed below each outcome will be used to evaluate progress toward the outcomes.

- Expand consistent AOD prevention messaging on and off campus
  o On-campus: familiarity with campus AOD policies, reported knowledge of AOD prevention programs; believe NDSU is concerned about prevention of AOD use (Core and ND ATOD Surveys)
  o Off-campus: parent feedback; tracking data from alumni emails; alumni or local business owner feedback; Town Hall Meeting feedback

- Increase engagement with campus stakeholders
  o Students reporting active involvement in efforts to prevent AOD use (Core and ND ATOD Surveys); faculty/staff engaging in prevention efforts; attendance at campus events and educational sessions (i.e., LRM reports, Campus Live attendance, screening events, collaborative sessions, etc.)

- Increase engagement with the community stakeholders
  o Alumni or local business owner feedback; tracking data from alumni emails; Increase employer survey response; Town Hall Meeting attendance

- Reduce high risk alcohol and other drug use and related consequences of students identified to be at increased risk
  o Behavioral outcomes rates of specific groups (CORE survey); violation/recidivism rates; detox rates; retention rates of high-risk students

- Expand and sustain institutional infrastructure related to AOD prevention efforts
  o Sustainable home and funding structure for Campus Live program (completed Spring 2015); increase support for AOD-related research; consistent funding for prevention work; permanent funding for AOD graduate students (completed spring 2014).
• Support development and enforcement of consistent and effective AOD related policies
  o Research regarding effective sanctioning support provided by AOD programs and results/recommendations of study; Law enforcement feedback; RNA or Safe Communities Coalition feedback
• Build and sustain solidarity among individuals and groups involved in alcohol and other drug prevention efforts
  o LRM listserv survey; Inclusion of self-identification questions on faculty/staff survey; Student engagement on SAC and PCAOD (member engagement survey)

D. Presentations/Poster Sessions:


Vangsness, J. & Oster-Aaland, L. (March, 2009). Assessing the effectiveness of late-night programming through direct and indirect measures. Presentation at the annual meeting of National Association of Student Personnel Administrators, Seattle, WA.


Beseler Thompson, E. (October, 2010). We Told Your Parents You Got Busted! What Will They Think and Do Now? Presentation at the U.S. Department of Education's
National Meeting on Alcohol & Other Drug Abuse and Violence Prevention in Higher Education, Washington, D.C.


Beseler Thompson, E. (October, 2012). *We told your parents you got busted! What will they do now?* Presentation at the Minnesota Prevention Resource Center Program Sharing Conference: St. Cloud, MN.


E. Publications:


Strengths of NDSU Alcohol and Other Drug Abuse Prevention Programs

-Prevention efforts are well-supported at NDSU: evaluation data from a qualitative study conducted in fall 2012 indicates alcohol and other drug abuse prevention activities are both well-established and well-supported by administrators at NDSU. Campus stakeholders, including faculty, staff, and students, have reported increased levels of awareness for the work of the PCAOD.

-Engagement of council members on the PCAOD: members are actively involved in the work of the council. As a result, the vast majority of previous, process-related outcomes have been accomplished or institutionalized.

-Effective collaborative relationships: collaborative relationships have been established with many campus stakeholders and this has led to implementation and continuation of many critical, evidence-based efforts. This includes a strong partnership with student media representatives.

-Negative consequences are declining: overall, rates of negative consequences related to AOD use are steadily declining among NDSU students (NDCORE, 2014).

-Low drug use rates: marijuana use rates continue to be lower than national averages, despite national trends toward increasing rates, and other illicit drug use is minimal among NDSU students (NDCORE, 2014).

-Commitment to evidence-based efforts: data is gathered consistently and used to direct decision-making and programming efforts related to AOD prevention at NDSU. National research is also regularly reviewed and updates to prevention efforts are based on current evidence.

-Institutionalized efforts and resources: several prevention efforts have been institutionalized, including the addition of permanent full time staff members to support prevention, intervention, and treatment related to substance misuse, consistent screening for AOD abuse concerns, and widespread educational outreach to the campus community. Four student staff members, including two graduate assistants and two undergraduate students, are consistently employed in support of AOD abuse prevention efforts.

- Broad faculty, staff and student representation on the PCAOD allows for interdisciplinary leadership regarding AOD issues across campus.

- Strong connection with sexual assault prevention programming due to the presence of the Assistant Director for Sexual Assault Prevention and Advocacy on the PCAOD.
Broad grassroots support of a culture of wellness, as evidenced by the large number of NDSU students, faculty and staff who have completed the LIVE REAL Mentor Training Program.

- Membership on the North Dakota Higher Education Consortium for Substance Abuse Prevention.

- AOD programs encompass a comprehensive, wide range of prevention strategies at the individual and environmental levels.

- Strong policy enforcement, on and off-campus, regarding alcohol, drugs, violence and felony crimes (i.e. compliance checks and sobriety checkpoints).

- Code of Student Behavior effectively addresses on and off-campus violations.

- Policies are in compliance with Drug Free School and Campuses Act.

- Presence of student leadership positions that emphasize healthy life choices and responsible decision making and allow students the opportunity to advocate for change (Student Community Organizers, Student Advisory Committee for Alcohol and Other Drugs, Violence Prevention Educators, Healthy Herd Champions).

- Availability of wellness floors in residence halls, which offer students a healthy environment, where positive choices regarding AOD use are reinforced.

- Strong commitment to implementation of AOD-related programs and policies within NDSU Athletic Department and NDSU Fraternity and Sorority Life community.

- Risk Management procedures for off-campus events with alcohol are clear and educational in nature.
Weaknesses of NDSU Alcohol and Other Drug Abuse Prevention Programs

- Low level of faculty and staff engagement in prevention efforts: while support for prevention activities exists, NDSU faculty and staff members continue to report relatively low levels of direct engagement in prevention efforts.

- Alcohol use, especially high-risk usage (i.e. underage and binge drinking), remains constant: though negative consequences related to AOD use have declined, actual use rates have remained relatively constant over the past 7-10 years and are consistently above national averages (NDCORE, 2014).

- State and local culture of heavy drinking; youth problems are reflective of issues present in all age groups.

- Lack of positive media messages regarding low-risk use of alcohol.

- Limited amount of policy present at the state level regarding AOD prevention.

- Challenge to maintain consistent policy/law enforcement and to make policy changes due to Fargo’s location on the North Dakota/Minnesota border.

- Traditions within sectors of the NDSU community perpetuate the norm of high risk alcohol use. These traditions include: homecoming, tailgating, and some events with alumni involvement.

- Lack of available evidence-based prevention strategies related to marijuana use
Opportunities for NDSU Alcohol and Other Drug Abuse Prevention Programs

- Institutionalization of prevention efforts: to ensure continuity, PCAOD council members are considering how to institutionalize current and future efforts of the council. This includes providing support for campus stakeholders to assume ownership of initiatives.

- Expansion of prevention efforts: due to continued implementation of a wide variety of population-level prevention efforts, an opportunity exists to expand prevention efforts beyond the “low hanging fruit” to target specific high-risk populations and environmental contexts of concern, or ensure continuity of efforts.

- Development of additional community partnerships: opportunities exist to continue building partnerships with local community representatives and legislators based the PCAOD’s representation on the Fargo Community Coalition and Mayors’ Blue Ribbon Commission on Addiction.

- Increasing campus stakeholder buy-in and involvement in prevention efforts: the breadth of experience and connection of council members may provide insight and inroads into strengthening the level of involvement of NDSU faculty and staff with AOD prevention efforts. In turn, this involvement may provide additional opportunities to partner with engaged students to be positive and vocal role models for our key prevention messages.

- Continued use of evidence-based interventions: as national and local research continues, additional evidence is constantly emerging regarding effective ways to implement and assess prevention initiatives. The council is well-positioned to make use of this data to ensure effective and efficient use of our resources.

- Leveraging technology: as new venues and approaches for connecting with stakeholders become available, it is possible that the AOD prevention program may be able to more effectively communicate its messages. This may also pose a threat due to the abundance of messages and communication mediums individuals experience on a daily basis.

- Partnering with higher education institutions and other prevention-focused groups (e.g., Mayor’s Blue Ribbon Commission on Addiction) in the Fargo-Moorhead area to provide community-wide prevention efforts.

- Ability to network and share prevention efforts state-wide through partnerships maintained by membership in the ND Higher Education Consortium for Substance Abuse Prevention.

- Declining rates of binge drinking among high school students in North Dakota may provide opportunity to challenge stereotypes and correct misperceptions regarding college student use of alcohol.
- Participation of faculty members in LIVE REAL Mentor Program allows for increased outreach to students via classrooms and advising.

- Partnerships with local legislators and groups to explore policy changes (i.e. social host legislation, drink discounting ordinance, etc.)

- Partnering with NDSU Foundation and Alumni Association to support low-risk or alcohol-free, student-friendly events and address concerns regarding drinking behaviors of tenants of foundation-owned properties near campus.
Threats to NDSU Alcohol and Other Drug Abuse Prevention Programs

- Normative environment: high risk drinking continues to be a cultural norm in North Dakota, the Midwest, and at NDSU. This normative messaging is a distinctive threat to achieving the goals of the council due to the environmental nature of prevention work. Research strongly suggests that students are perpetuators of normative misperceptions, and anecdotal evidence suggests that faculty and staff members may also contribute to students’ normative misperceptions through their modeling and communication with students. Additional data is needed regarding this second area, and approaches to addressing misperceptions and negative communication may need to be developed.

- Development and introduction of additional AOD-related issues, such as the approval of the North Dakota Compassionate Care Act, which allows the legalization of medical marijuana. Additionally, there is an increase in legalization of medical and recreational marijuana use nationwide, creating a decreasing perceived risk of marijuana use.

- Strength of the alcohol industry and presence of products and promotional messages regarding purchasing and using alcohol.

- Some contradictory messages on campus through presence of alcohol advertising in student newspaper and presence of alcohol at university-related events (i.e. tailgating, alumni association events).

- The high alcohol outlet density around NDSU campus, making alcohol more accessible and an increase in excessive alcohol consumption and related harm.

- The affordability of alcohol due to the abundance of drink specials in local bars and restaurants targeted at college students.
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 2016, 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-athletes, student-trainers, student-managers 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.

-Alcohol policy revision committee: In the spring of 2001, NDSU President Joseph 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). The policy was reviewed in 2013 by the PCAOD Campus Policy and Law Subcommittee and no changes were recommended at that time.

The PCAOD formed a task force in fall 2015 to review and recommend changes to policy 155. Members included representatives from Student Success Programs, NDSU Faculty, Human Resources, Student Rights and Responsibilities, and University Police and Safety Office. Several updates were recommended to enhance the clarity and consistency of the policy. The policy updates were presented before each University senate and approved in November 2016. The PCAOD will review the policy again in Fall 2017.
-**Code of Student Behavior:** The NDSU 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 and appropriate internet use, to alcohol and drug use and abuse.

-**NDSU Event Planning and Risk Management Assessment 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.

-**Parental Notification:** The Parental Notification policy allows for (but does not require) notification of parents or guardians of students under 21 who are found responsible for violating NDSU’s AOD policy. For most violations regarding alcohol and other drugs, including first-time violations, parents of students under 21 receive a letter explaining that the student has violated the policy, encouraging the parents to have a conversation with the student about the incident, and providing educational resources for parents to reference.

-**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 each semester over the official student, faculty and staff listservs with the full text of the policy. E-mail is an official means of communication for all NDSU students, faculty and staff. For any staff members without regular access to email, paper copies of the policy are provided to their departments. In addition, the policy is included in the Annual Notice of Policies form that is given to each new faculty and staff member and also talked about during the Human Resources new employee orientation for staff members. Furthermore, the policy is noted in the NDSU Annual Notice of Policies covered under the ND RMP and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually. Paper copies of the policies are also disbursed throughout campus (NDSU Library, One Stop, Vice President of Student Affairs Office, Office of Registration and Records).
1. **Does the institution maintain a copy of its drug prevention program?**  Yes ☒  No ☐

   *NDSU Office of Student Success Programs – West Dining Center, Lower Level*

2. **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?**

   a. **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 alcohol beverages and products (hereafter referred to as “alcohol”), as well as any illicit drugs or drug paraphernalia in University building, 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 students and student organizations, non-compliance with this policy could result in disciplinary action up to and including suspension, expulsion or loss of status as a registered student organization. For NDSU employees, non-compliance with this policy could result in disciplinary action up to and including termination of employment.*

   b. **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 can often have a lowered immune system and an increased risk of lung cancer. Users also often lack motivation and general drive to achieve goals.

      **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 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.

Methamphetamines: Methamphetamines can cause rapid or irregular heartbeat, increased blood pressure and body temperature. Possible side effects with long-term use include mood disturbances, violent behavior, anxiety, confusion and insomnia. All users risk becoming infected with diseases such as HIV/AIDS and hepatitis.

Prescription Drug Abuse: Taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed, is prescription drug abuse. Commonly abused classes of prescription medications include opioids, central nervous system (CNS) depressants and stimulants. Long-term use of opioids or central nervous system depressants can lead to physical dependence and addiction. Opioids and CNS depressants may cause the user to experience drowsiness, slowing of brain function, as well as decreased heart and respiration rates. Stimulants can cause anxiety, paranoia, dangerously high body temperatures or seizures if taken repeatedly or in high doses.

Salvia Divinorum: Use of salvia can cause hallucination, changes in visual perception, feelings of detachment and a decreased ability to interact with one’s surroundings.

Synthetic Drugs (Spice, Bath Salts, etc.): “Spice” refers to a wide variety of herbal mixtures that produce experiences similar to marijuana (cannabis) and that are marketed as “safe,” legal alternatives to that drug. The term “bath salts” refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the Khat plant. Though research on synthetic substances is still limited, they have been found to be potentially more dangerous than marijuana, cocaine, or other substances of abuse, as they are addictive and can be highly dangerous to humans.

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

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<th>Students</th>
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<tr>
<td>Staff and Faculty</td>
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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. Under North Dakota statute, for a first DUI offense, violators are fined at least $500 and are ordered to have an addiction
evaluation. Individuals with blood alcohol levels over 0.16 will be fined up to $750 and may spend two days in jail. 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. The Fargo Municipal Court lists the following penalties for alcohol-related offenses:

1. DUI (.08 or greater) – class B misdemeanor - $500 - $750 fine and 91 – 180 day suspension
2. Open container – noncriminal offense - $50 fine
3. Minor in possession/minor under the influence/minor purchase alcohol – class B misdemeanor – up to $1500 fine

For more information on state and local alcohol laws see the NDSU Alcohol and Other Drug Abuse Prevention website.

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. Possession of one-half ounce to one ounce of marijuana, possession of drug paraphernalia for marijuana, and advertising drug paraphernalia are a Class A misdemeanors. 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.

1. Class A misdemeanors can include up to one year imprisonment and/or a $3,000 fine.
2. Class B misdemeanors can include up to 30 days imprisonment and/or a $1,500 fine.
3. Infractions can include a fine of $1,000, and if another infraction is committed within a year of the first one, it can be considered a Class B misdemeanor.

It is a Class A felony to manufacture, deliver, or possess with intent to manufacture or deliver controlled substances such as methamphetamines or narcotic drugs such as opium or cocaine in North Dakota. Delivery of marijuana or intent to deliver marijuana within 1,000 feet of a school, including a college or university, is a Class B felony. Possession of drug paraphernalia for controlled substances other than marijuana is a Class C felony.

1. Class A felony penalties can include up to 20 years’ imprisonment and/or a $20,000 fine.
2. Class B felony penalties can include up to 10 years’ imprisonment and/or a $20,000 fine.
3. Class C felony penalties can include up to five years’ imprisonment and/or a $10,000 fine.

Federal: Federal law provides criminal and civil penalties for unlawful possession or distribution of drugs and alcohol. Details related to federal trafficking penalties for controlled substance violations are available from the Drug Enforcement Administration. 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.

d. 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 there are assistance programs available to help individuals experiencing problems. When appropriate, NDSU personnel may refer students to the NDSU Counseling Center (701-231-7671), or to agencies outside of NDSU for evaluations and/or treatment for alcohol- or other drug-related problems. NDSU personnel may also refer
NDSU employees to agencies outside of NDSU for evaluation and/or treatment for alcohol or other drug related problems. As part of their benefit package, employees may access services through the Employee Assistance Program. Employees may refer students in need of services to the Counseling Center at (701) 231-7671. Faculty, staff, and students can access information on available drug and alcohol prevention programs the university offers by going to the Alcohol and Other Drug Prevention Programs website.

e. 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 ☐

Sanctions - Students and 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 upon 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 and terms and conditions see Code of Student Conduct.)

When a student has been found responsible for violating University policies, one or more of the following sanctions may be imposed:

a) Warning (oral or written).
b) Conduct probation (with or without supervision).
c) Suspension.
d) Emergency suspension.
e) Expulsion.

With each sanction, other restorative actions or other terms and conditions may be assigned. In addition, notification may be given to other university officials as necessary. Terms and conditions include, but are not limited to:

a. Restitution.
b. Confiscation.
c. Restricted access to University facilities/removal from Residence Halls.
d. Loss of privileges (including status as a registered student organization).
e. Required participation in a specific program (i.e., counseling, drug and/or alcohol education).
f. Educational sanction/project (i.e., reflection paper or research).
g. Registration/Graduation Hold.

NOTE: These sanctions and terms and conditions need not necessarily be applied in any numerical sequence. Any sanction may be chosen from this list for any violation, dependent upon its severity, and the behavioral history of the involved student(s) or student organization.

Individual student behavioral actions and or student organization behavioral actions will be adjudicated as assigned by the Assistant Vice President/Dean of Student Life or designee.

Individual employees who are found in violation of the University policy on alcohol and other drugs by their supervisors will be reported to the Director of Human Resources/Payroll for consultation prior to action. Sanctions for employees may include but are not limited to requiring the employee to participate in a drug assistance or rehabilitation program approved by the University; 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;
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 any 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.

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

a. Mailed to each student (separately or included in another mailing)
   Yes ☒ No ☐

b. Through campus post offices boxes
   Yes ☐ No ☒

c. Class schedules which are mailed to each student
   Yes ☐ No ☒

d. During freshman orientation
   Yes ☒ No ☐
   Two brochures are distributed during each orientation session, one to parents/guardians, and the other to the prospective student. Both brochures address acute alcohol intoxication, services offered on campus, alternative activities, and national and campus statistics regarding alcohol/drug use.

e. During new student orientation
   Yes ☒ No ☐
   See “During freshman orientation” description (above)

f. In another manner (describe)
   Yes ☒ No ☐
   Each student receives an e-mail from the Director of Student Success Programs, which contains the full text of the NDSU’s Alcohol and Drug Policy. This e-mail is sent out mid-fall semester, early spring semester and the beginning of the summer semester. Additionally, upon visiting campus for the first time, prospective students receive an insert in their visit folders that includes information about NDSU’s AOD policy, including a link to the full policy.

4. 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, One Stop, office of registration and records).

5. 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.

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

   a. Mailed
      Staff: Yes ☒ No ☐ Faculty: Yes ☒ No ☐
      Every faculty and staff member that has not activated their e-mail account is sent a paper copy of the policy via campus mail.

   b. Through campus post office boxes
      Staff: Yes ☐ No ☒ Faculty: Yes ☐ No ☒

   c. During new employee orientation
      Staff: Yes ☒ No ☐ Faculty: Yes ☒ No ☐
      The alcohol and drug policy is included in the Annual Notice of Policies form given to each new faculty and staff member and also talked about with staff members during their Human Resources new employee orientation.

   d. In another manner (describe)
      Each faculty and staff member receives an e-mail from the Director, HR/Payroll, containing 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. Furthermore, the policy is noted in the NDSU Annual Notice of Policies covered under the ND RMP and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually.

7. 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 (NDSU Library, One Stop, Vice President of Student Affairs Office, Office of Registration and Records).

8. 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 alcohol and drug policy is included in the Annual Notice of Policies form that is given to each new faculty and staff member and also talked about during the staff member Human Resources new employee orientation. In addition, the full Alcohol and Drug policy is sent out in its entirety each semester.
9. 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?

a. Conduct student alcohol and drug use survey
   Yes ☒  No ☐

   The North Dakota Core Alcohol and Drug Survey (NDCORE) was developed in partnership with the Core Institute (Southern Illinois University, Carbondale, IL) 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, 2008, 2010, 2012, and 2014 in an attempt to measure student drinking and drug use behaviors, as well as student perceptions of the norms surrounding alcohol use among their peers. Results of the 2012 and 2014 surveys are available on the NDSU Alcohol and Other Drug Abuse Prevention website.

   In 2015 a special task force was formed from members of the PCAOD and NDHECSAP to explore the feasibility of revising the survey administration strategy for the 2016. As a result, the task force created an updated survey, the North Dakota Alcohol, Tobacco, and Other Drug Survey (ND ATOD Survey), specifically adapted to be administered electronically. To preserve the integrity of the longitudinal data, the survey continues to include items from the nationally administered Core Survey through an arrangement with the Core Institute. Data collection for the ND ATOD Survey began at NDSU in October 2016. Results are expected in early 2017.

b. 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 and the President’s Council for Alcohol and Other Drugs regarding the effectiveness of campus programming efforts. The group is comprised of student leaders from student organizations including Greek Life, Athletics, Campus Attractions, Violence Prevention Educators, Bison Ambassadors, Saddle and Sirloin, Residence Hall Association, Student Government, and International Student Association, as well as a graduate student representative.

   Faculty and Staff of NDSU were surveyed in Spring 2014 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. The results of the study are used to design materials and programs aimed at increasing faculty/staff awareness of this issue and enlist their support in changing the culture that promotes high risk drinking.

c. Evaluate comments obtained from a suggestion box
   Students: Yes ☐  No ☒  Staff and Faculty: Yes ☐  No ☒

d. Conduct focus groups
   Students: Yes ☐  No ☒  Staff and Faculty: Yes ☐  No ☒

e. Conduct intercept interviews
   Students: Yes ☐  No ☒  Staff and Faculty: Yes ☐  No ☒
f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees
   Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees
   Students: Yes ☐ No ☒ Staff and Faculty: Yes ☐ No ☒

10. Who is responsible for conducting these biennial reviews?
    NDSU Student Success Programs
    Associate Director
    West Dining Center, Lower Level
    NDSU Dept. 5260
    P.O. Box 6050
    Fargo, ND 58108

11. 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 ☐

12. Where is the biennial review documentation located?
    2016 Biennial Review located in the office of the Vice President for Student Affairs
    Dr. Timothy Alvarez, Vice President for Student Affairs
    Old Main 100
    701.231.7701 (office)
    Timothy.alvarez@ndsu.edu
References


Appendix 1:
Memorandum of Understanding
NDSU President’s Council on Alcohol and Other Drugs
and “Campus Live” Late-Night Programming Committee

North Dakota State University recognizes that the misuse of alcohol is a major concern for the campus community. Research gathered by this University and other institutions across the country consistently demonstrates that excessive drinking among students is associated with negative consequences such as property damage, violence, driving under the influence, decreased academic performance, sexual assault victimization, memory loss, and student attrition. Research has also shown that North Dakota college students perceive there is a lack of alcohol-free entertainment available to them and it has been found that late-night alcohol free events are a promising way to reduce high-risk drinking on campuses.

The availability and promotion of alcohol-free, late-night events supports healthy student behavior and contributes to healthier campus norms, and as such, these events are an essential component of an environmental management prevention approach. The NDSU President’s Council on Alcohol and Other Drugs (PCAOD) has implemented a strategic plan to address high-risk alcohol use and mitigate the effects it has on the campus community. Providing consistent late-night, weekend, and event-specific programming in order to provide alcohol-free options for students and support students already abstaining or making low-risk decisions about alcohol and other drug use is a priority identified in the PCAOD Strategic Plan to Address High Risk Alcohol and Drug Use.

As such, the PCAOD has worked to develop the following sustainability agreement with the departments and organizations outlined below, regarding the membership and function of the “Campus Live” Late-Night Programming Committee:

THIS UNDERSTANDING is made by and between the President’s Council on Alcohol and Other Drugs/Student Success Programs (SSP) and the following departments/organizations: Residence Life/Residence Hall Association, Wellness Center, Division of Fine Arts, Division of Equity, Diversity and Global Outreach, Collegians Against Cancer/American Cancer Society, and Memorial Union/Student Activities Office/Campus Attractions/Fraternity and Sorority Life. This memo of understanding may be reconsidered and edited at any time provided that all parties are in agreement. At a minimum, the memo will be renewed annually prior to September 1st.

WHEREAS it is recognized that consistent late-night programming is an essential component of an environmental management prevention plan;

WHEREAS it is recognized that the departments and organizations listed above already provide effective late-night programs to NDSU students;

WHEREAS it is recognized that the most efficient use of limited resources requires collaboration between programming entities to continue to provide engaging and consistent late-night programs;
WHEREAS the President’s Council on Alcohol and Other Drugs wishes to support the past and current efforts of the departments and organizations listed above by assisting with the organization and funding of late-night programs;

THEREFORE, the President’s Council on Alcohol and Other Drugs/SSP agrees to provide administrative and fiscal support for late-night programming efforts by facilitating “Campus Live” Late-Night Programming Committee meetings and providing funding for late-night events, and all parties listed above agree to the following:

- A professional staff member from each department/organization will serve as a representative on the “Campus Live” Late-Night Programming Committee.

- A representative from the PCAOD/SSP will arrange and facilitate an annual planning meeting each summer to determine “Campus Live” event dates for the upcoming academic year and inform participating departments and organizations of the event and funding guidelines and additional meetings, as necessary.

- Representatives from each department and organization agree to attend the annual planning meeting, other meetings as necessary and to hold a minimum of one event per semester (Fall and Spring semesters only) and/or provide late-night facility hours for student use (where applicable).

- The departments and organizations agree to the established “Campus Live” event and billing guidelines (see Appendix A), including submission of an event planning form (see Appendix B) 30 days prior to the event.

- The PCAOD/SSP will provide timely feedback and approval for Campus Live events and will provide additional prevention-focused materials or programming efforts as necessary or as requested.

By signing below, the members agree to the terms of this document.

**Signed:**

_________________________________________  ____________
Laura Oster-Aaland  Date
Chair, PCAOD/Dean for Enrollment Management

_________________________________________  ____________
Residence Life Representative  Supervisor  Date

_________________________________________  ____________
Wellness Center Representative  Supervisor  Date

_________________________________________  ____________
Division of Fine Arts Representative  Supervisor  Date

_________________________________________  ____________
Equity, Diversity & Global Outreach Representative  Supervisor  Date

_________________________________________  ____________
Memorial Union Representative  Supervisor  Date

_________________________________________  ____________
Campus Attractions Representative  Supervisor  Date

_________________________________________  ____________
Fraternity and Sorority Life Representative  Supervisor  Date
Appendix 2:
Parent/Student Information Brochures about Alcohol

As students transition from high school to college, they are faced with many difficult decisions - some of these decisions may be about using alcohol.

We encourage you to provide guidance and advice to your students. Please read through the information on this card; it contains useful tips for talking about alcohol in the college environment. You are one of your student's best resources and your expectations matter to them.

**COMMUNICATION**
When the time and setting seem appropriate, suggest to your student that you would like to talk with her or him about the topic. Don't force the issue of having a discussion; the willingness to back off shows you are going to be respectful. Structure the time of discussion so that neither person will be distracted by other activities.

**POSSIBLE REACTIONS BY YOUNG ADULTS**
- Suspected about your sudden interest
- Doubts they will be understood
- Fear of hearing a lecture
- Indifference or lack of concern
- A fear you are invading their privacy

**CENTRAL THEMES YOUR RESPONSE SHOULD INCLUDE**
- Caring about your student
- Wanting to understand your student
- Wanting to help your student
- Respecting your student's privacy and desire to be independent

**THE CONVERSATION**
It is important to talk with your student, not at them, about alcohol. Listening might be the easiest way to start this often difficult conversation. Ask them about their concerns and what they think college life will be like.

- Try to ask questions instead of lecture.
- Set clear expectations for your student regarding alcohol use and keep them accountable to these expectations.
- Don't assume that everything has to be discussed in a single setting.
- Be a role model - set an example of appropriate drinking behavior in your own life. Sharing stories about your own行事 can send a mixed message to your student.

**POSSIBLE RISKS**
1. Legal trouble (arrest, conviction, etc.)
2. Accidents or injuries
3. Campus judicial sanctions
4. Increased chance of sexual assault
5. Socially impaired academic achievement
6. Relationship troubles

**TALKING POINTS**
Inform them. Talk about the risks associated with high-risk drinking. Although consuming any amount of alcohol carries at least a moderate risk, inform your student on ways to minimize their risk if they choose to drink, such as never driving after drinking, spacing drinks out to no more than one drink per hour and not exceeding a BAC (blood alcohol content/concentration) of .08. Also, share the negative effects alcohol has on the body (lower immunizations, blackouts, hangovers, weight gain).

Empower your student. Talk to your student about how to stand up for their rights, empower them to take a stand when someone is pressuring them to make high-risk choices. Discuss what they would do if such a situation presented itself and where to go for help.

Clear up the myths. Students almost always overestimate how much and how often their peers are drinking. Students, especially first-year students, are influenced by peers and tend to drink at the level they perceive their peers are drinking. In fact, most US college students do not drink alcohol in high-risk ways, and almost 30% abstain from alcohol use completely. Clearing up those misconceptions regarding their peers' use is vital.

Encourage involvement. Students who volunteer and get involved in their community are less likely to misuse alcohol and other drugs. Many different opportunities exist on campus, encourage your student to become involved.

**PARENTS LEAD**
parentslead.org

[Image of the Parents Lead logo with a Facebook icon]
ALCOHOL AND YOU AT NDSU
[a student guide]

what you need to know
NDSU is a dry campus. That means the State Board of Higher Education and NDSU prohibit the possession, sale, dispensation or consumption of alcohol on campus property – even by those who are 21.

High-risk drinking is a lot less common than you might think.

92% of NDSU students say alcohol isn’t necessary to have a good time.

Most (88%) NDSU students have never been in trouble with police, residence hall staff or other campus authorities because of alcohol or other drug use.

what you need to do
All first-year NDSU students are required to complete Alcohol eCHECKUP TO GO, a brief interactive online activity that provides personalized feedback to you regarding the use of alcohol. Visit www.ndsu.edu/alcoholinfo > “Alcohol eCHECKUP TO GO” to complete the requirement.

Marijuana eCHECKUP TO GO is available for students interested in getting personalized feedback about marijuana use and consequences. Visit www.ndsu.edu/alcoholinfo > “Marijuana eCHECKUP TO GO” to take the assessment.

what you won’t want to miss
NDSU has more than 280 organizations you can join, and last year’s attendance at late-night, on-campus events topped 20,000.

Looking for something to do? Check out www.ndsu.edu/campusactivities or one of the websites below for more information about what’s happening on campus:

NDSU Event Calendar
www.ndsu.edu/events

Wallman Wellness Center
www.ndsu.edu/wellness

NDSU Athletics
www.goasun.com

Performing Arts
www.ndsu.edu/performingarts

what help is available
NDSU Counseling Center
Free services are available at the NDSU Counseling Center for students concerned about their own or a friend’s alcohol or other drug use. Visit www.ndsu.edu/counseling for more information.

Recovery Services
Students in recovery from alcohol and other drug abuse can find nearly 100 support groups in the local community. A meeting locator is available through Firstlink at www.myfirstlink.org > “Community Resources.”

An Alcohol and Other Drug Abuse Support Group also is available through the NDSU Counseling Center. Visit www.ndsu.edu/counseling for meeting days and times.

LIVE REAL Mentors
Many faculty, staff and students at NDSU have become LIVE REAL Mentors – individuals who are committed to being compassionate and informed when it comes to issues of alcohol and other drug use. Look for the LIVE REAL Mentor logo to find a mentor or contact ndsu.prevention@ndsu.edu.

LIVE REAL MENTOR

North Dakota State University does not discriminate on the basis of age, color, disability, gender, national origin, race, religion, sex, sexual orientation, or veteran status in its programs and activities.
## Appendix 3:
### Menu of Conditions for Drug and Alcohol Violations

<table>
<thead>
<tr>
<th>Condition</th>
<th>Objective</th>
<th>Cost</th>
<th>Contact Information</th>
<th>Circumstances</th>
</tr>
</thead>
<tbody>
<tr>
<td>eCHECKUP TO GO</td>
<td>eCHECKUP is an online intervention and personalized feedback tool designed to motivate students to reduce their consumption using personalized information about their own drinking and risk factors.</td>
<td>N/A</td>
<td>AOD Coordinator <a href="mailto:ndsu.prevention@ndsu.edu">ndsu.prevention@ndsu.edu</a></td>
<td>- 1st time violations, if not completed as a first year student</td>
</tr>
<tr>
<td>Marijuana CHECKUP TO GO</td>
<td>eCHECKUP Marijuana is an on-line marijuana-specific brief assessment and feedback tool designed to motivate students to reduce their level of marijuana use using personal information about their own behavior and risk factors.</td>
<td>N/A</td>
<td>AOD Coordinator <a href="mailto:ndsu.prevention@ndsu.edu">ndsu.prevention@ndsu.edu</a></td>
<td>- All marijuana violations</td>
</tr>
<tr>
<td>CHOICES: A brief alcohol prevention and harm reduction program</td>
<td>CHOICES walks students through self-reflection and discussion about facts, risks and norms associated with alcohol. It also gives the student information, strategies and skills to make low risk decisions about alcohol.</td>
<td>Student: Free University: $2.95 per student (Journals), plus cost of refreshments</td>
<td>AOD Coordinator <a href="mailto:ndsu.prevention@ndsu.edu">ndsu.prevention@ndsu.edu</a></td>
<td>- 1st or 2nd violation in which the student has consumed alcohol</td>
</tr>
<tr>
<td>Program Name</td>
<td>Description</td>
<td>Contact Person(s)</td>
<td>Notes</td>
<td></td>
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<tr>
<td><strong>BASICS (Brief Alcohol Screening and Intervention for College Students)</strong></td>
<td>BASICS is an individually-focused alcohol prevention program designed for use with college students exhibiting alcohol problems. It consists of a screening, a one-on-one interview with a counselor and then another feedback session two weeks later. Students involved in incidents for drugs other than alcohol or for drugs in addition to alcohol will also be referred to BASICS.</td>
<td>N/A</td>
<td>NDSU Counseling Center 231-7671 <a href="http://www.ndsu.edu/counseling/basics_alcohol_screening_and_intervention/">www.ndsu.edu/counseling/basics_alcohol_screening_and_intervention/</a> - .15 BAC or above during incident - 2nd violation - DUI - Concerned about use of alcohol - All drug violations</td>
<td></td>
</tr>
<tr>
<td><strong>Victim Impact Panel</strong></td>
<td>VIP is a group of three or four victims who speak briefly about an impaired driving crash in which they were injured or in which a loved one was killed or injured. They tell their stories, describing how their lives and the lives of their families and friends were affected by the crash.</td>
<td>Student: $45 (free with certificate from hearing officer) University: N/A</td>
<td>Robyn Litke Sall Safe Communities Coordinator 241-1341 or <a href="mailto:RLitkeSall@cityoffargo.com">RLitkeSall@cityoffargo.com</a> <a href="https://myvictimimpactpanel.org">myvictimimpactpanel.org</a> - Students who were driving under the influence or were in vehicles in which students are cited for driving under the influence</td>
<td></td>
</tr>
<tr>
<td><strong>NDSU/FPD Police Ride-Along</strong></td>
<td>Observe police operations from an internal perspective by riding with on-duty police officers. Ride-Along is intended to be an educational tool for participants and is designed to acquaint participants with the challenges regarding day-to-day law enforcement duties.</td>
<td>Free to both student and University</td>
<td>Bill Vandal, NDSU Police Chief, or Officers as prearranged with permission through the hearing officer - Students who lack an understanding of the police role at NDSU and in Fargo</td>
<td></td>
</tr>
</tbody>
</table>
### Essays/Papers

Students will be asked to write a reflective or research based essay/paper regarding the circumstances of the incident, NDSU policy, their future goals etc.  

| N/A | NDSU Residence Life or Student Life Staff | - Students who need to reflect upon their choices, goals, relationships, and/or learn more about the violation/policy |

### Program Creation/Facilitation

Students will be asked to create an original activity or informational program for their peers, usually held in conjunction with a Residence Assistant.  

| N/A | NDSU Residence Life Staff | - Students who need to give back to their community and/or need to see the other opportunities to be involved and meet people |

### On-Campus Community Service

Community service engages student in a variety of activities that are designed to reflect on their experiences.  

| N/A | Bill Frazier, Residence Life 231.8446 or William.Frazier@ndsu.edu  
Michael Ellingson, Facilities Management 231.7307 or Michael.Ellingson@ndsu.edu | - Students who need to give back to their community and/or need to see the other opportunities to be involved and meet people  
- Students who need to give back to their community and/or gain a better understanding of how their actions affect others |

### Bulletin Board Creation

Students will be asked to make a creative display regarding a topic related to the incident.  

| N/A | NDSU Residence Life Staff | - Students who need to give back to their community and/or learn more about the violation/policy |

### Chemical Dependency Evaluation

A counseling professional will evaluate the student’s alcohol use and determine if further treatment or concern is warranted.  

| Student: $50 - $200 | NDSU Counseling Center 231-7671  
www.ndsu.edu/counseling | - Students who demonstrate an abusive or addictive use of alcohol/drugs  
- Students who you suspect are using alcohol/other drugs as a way to cope with a bigger problem |

### Counseling Center Referral

| NDSU Counseling Center 231-7671 |  
Back on TRAC Providers |  
North Dakota State University |