

Western Illinois University

Biennial Review and Report

*Drug Free Schools and Communities Act
Drug Free Schools and Campuses Regulations*

September 1, 2006 – August 31, 2008

DFSCA Review Committee Members

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|----------------------|---|
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Statement of AOD Program Goals and Discussion of Goal Achievement

As indicated by this biennial report, Western Illinois University participates in many different strategies to address alcohol and other drugs. Nevertheless, results from our *2007 Benchmarks for Success, A CORE Institute Special Report* indicate that overall, our efforts have not been as successful as we would like. To address this issue, the WIU Strategic plan, *Higher Values in Higher Education 2008-2018* has specifically addressed alcohol and other drug risk reduction as a strategic goal for this university.

Our AOD Resource Center has been in operation since 2002, and has the distinction of being one of the few, and perhaps only, Illinois licensed facility for Level 1 treatment owned and operated on a college campus in our state. The late night bus routes have been very successful in risk reduction from driving under the influence and associated risky behaviors. Late night programming alternatives to alcohol have been very successful in terms of attendance, although it remains underfunded.

Since 2005, we have been in partnership with the Illinois Department of Public Health and Southern Illinois University in the *Live Free, Smoke Free!* Initiative to reduce the burden of tobacco at Illinois Universities. In accordance with Illinois Public Act 095-0017, smoking is prohibited in public areas of University owned or leased buildings.

With the backing of WIU Administration, A Steering Committee began work in April, 2008 on developing a comprehensive plan to reduce the risk of negative consequences from alcohol and other drugs on our campus. This Steering Committee has several sub-committees that are focusing on intervention strategies, research, resources, data and evaluation, *Drug Free Schools and Communities Act* compliance, and policy. Although the work is ongoing, we have initiated pre-matriculation education as a first step, with an average of 50% increase in knowledge based on pre-post test data of participants. An annotated bibliography on alcohol and other drug research relevant to colleges and universities has been assembled and plans are underway for a research symposium. Current intervention strategies are being assessed based on *NIAAA Tiers of Effectiveness*.

Description of the AOD Program Elements

The programs identified as part of the Western Illinois University Alcohol and Other Drug (WIU AOD) program have been categorized according to the 10 components cited in *Sourcebook 2001 Promising Practices: Campus Alcohol Strategies*. These components are as follows:

- Awareness and Information Programs
- Environmental/Targeted Population Approach
- Curriculum
- Peer-based Programs
- Training
- Support and Intervention Services
- Staffing and Resources
- Policies and Implementation
- Enforcement
- Assessment and Evaluation

AWARENESS AND INFORMATION PROGRAMS

These programs are intended to increase knowledge about alcohol and other drugs and their effects, to promote alternative activities and discuss personal choices.

Alcohol and Other Drug Resource Center

The AOD Resource Center addresses the alcohol use at WIU by providing direct service in assessment, education, and treatment as well as developing and participating in Outreach and Prevention activities on and off-campus. Prevention activities include giving presentations to staff, parent and student groups, Greek chapters, and in residence halls; setting up informational tables; and being featured guests in classrooms. Activities generally include Community University Partnership Program (CUPP) Block Party, Fun Fair, Student Health Fair, New Faculty Fair, Club Wetzel, Take Back the Night, E-Chug Day, National Depression Screening Day, Eating Disorders Screening Clinic, Parent Orientation for new student families, Union Block Party, International Student Health Fair, National Collegiate Alcohol Awareness Week, Gambling Awareness Week, and collaborations on campus and community committees/task forces.

University Theme: The 2008-09 University Theme is Health and Wellness - Challenges and Responsibilities.

In keeping with the Theme, the Common Reading is Koren Zailckas' *Smashed* (Penguin Books, 2005). Ms. Zailckas was also a University Theme speaker in September 2008, sharing her experiences with students, faculty and staff. AOD and University Counseling Staff facilitated discussion groups on *Smashed*.

E-Chug

Electronic Check Up and Go (e-Chug) developed by San Diego State University, is an online alcohol and intervention tool provided free of charge by Beu Health Center to the campus community since 2004. The link <https://interwork.sdsu.edu/echug2/?id=WIU> is provided at the Beu Health Center web site and other campus sites including the University Counseling Center, AOD Resource Center, Student Services, Student Recreation Center. This tool is used by the AOD and UCC center in conjunction with brief motivational interviewing to assist students in assessing their alcohol consumption. The tool is also promoted during National Alcohol Awareness Week, E-Chug day (April 1) and other outreach events.

E-Toke

The electronic THC Online Knowledge Experience (e-TOKE) developed by San Diego State University is a marijuana-specific brief assessment and feedback tool designed to reduce marijuana use among college students. This assessment is provided free of charge to the campus community through the Beu Health Center. The link <http://interwork.sdsu.edu/etoke/index.php?id=WIU> is hosted at the Beu Health Services web site, as well as to the University Counseling Center, AOD Resource Center, Student Services, Student Recreation Center web sites. It is also promoted during various presentations and events across campus.

Student Health 101

As part of the 2008-09 Theme year, *Student Health 101*, a monthly digital online magazine devoted to college health issues was made available through a cooperative agreement with VPSS, University Theme Committee, Student and Parent Assistance Center, University Union and Beu Health Center. Each edition contains references to alcohol and other drugs, and is distributed to all students, faculty, staff and parents. Links are available on the WIU website.

Tobacco Prevention Education/Marketing & Promotion & Special Events

Part of the Live Free Tobacco Free! Grant Initiative addresses tobacco education and awareness, to increase awareness of the impact of tobacco use, second hand smoke, increase tobacco cessation referrals to Beu Health Center and the Illinois Quitline, increase number of requests for tobacco programming in residence halls/Greek housing. Awareness events included the Great American Smoke out, Kick Butts Day, Relay for Life, Minority Health Fair, Environmental Summit, Human Resources Fair, Live Free Tobacco Free! Colloquium.

- Campus Speaker: Mike Scanlon, CEO of Thomas & King, Inc, (Second hand smoke/Advocacy for Smoke Free Illinois) April, 2007
- National & Regional Tobacco Presentations: National Tobacco Symposium (3/07); Mid American College Health Association (10/06)
- Campus Speaker: Rene' Hicks, (Second hand smoke) April, 2008
- Designated Smoke Free Entrance Project Chalking Events
- Media campaign to promote Smoke Free Illinois Act (Jan 2008)

Student Orientation and Registration (SOAR)

During SOAR, information regarding alcohol and other drugs is incorporated throughout the program. This includes information for both the student and parents such as BAC vs. GPA; Health and Safety Panel presentations; Skits (two specifically targeting use of alcohol); small group discussions with Orientation leaders. Written material is also distributed in the packets including the Health and Safety brochure, and information regarding the mandatory Alcohol Wise education course.

Six-Pack Program

All new freshmen are provided with a 6-pack of soda products on move-in day. Information about the facts and myths of alcohol are included.

Club Wetzel

Wetzel Hall is known for its program entitled *Club Wetzel*. This mock party environment helps students understand the affects of alcohol and drug use as well as the consequences of their actions. Over 500 students attend this event each fall semester. Even though Wetzel Hall has been closed at the end of Spring semester, 2009, the Inter-Hall Council has picked up the program, and will continue to offer it to students at a new venue.

BAC Testing Outreach

Each year, the Office of Public Safety conducts voluntary BAC testing in Chandler Park adjacent to retail liquor establishments. The purpose of this program is to increase awareness of perceived versus actual BAC.

Fatal Vision Goggle Demonstration

Office of Public Safety provides demonstrations using Fatal Vision Goggles at least 3 times per year, and upon request. This program shows the concept of impairment, and the risks of driving impaired.

Alcohol and Other Drugs Presentation

Office of Public Safety has developed a powerpoint presentation entitled Alcohol and Other Drugs that is presented in the Residence Halls at least 3 times a year, or more upon request.

DUI Simulation

Western EMS hosts a mock DUI each spring semester in April <http://www.wiu.edu/wems/dui/index.php>. The intent of this demonstration is to show the dangers of driving under the influence of alcohol or other drugs. The event is open to the public and geared towards high school and university students.

ENVIRONMENTAL/TARGETED APPROACH

Community and University Partnership (CUPP)

CUPP includes representatives from several Western Illinois University student organizations, local law enforcement agencies and city officials, community organizations and University administrators. CUPP meets regularly to address issues affecting both WIU and the City of Macomb, including alcohol and other drugs.

The First Year Experience (FYE)

FYE is a comprehensive approach to ensure first year students make a successful transition to college. Through participation in the First Year Experience, the university has the following primary goals for students:

1. Become actively engaged with the campus community
2. Develop relationships with peers, faculty and staff members
3. Demonstrate high levels of academic performance
4. Develop appropriate study and time management skills

Pre-Matriculation Education

Pre-matriculation education through the online course, Alcohol Wise, was rolled out during the summer-fall 2008 targeting freshmen and transfer students. This course incorporates the E-Chug assessment already in use by WIU. Preliminary information indicates an average of 50% increase in knowledge based on pre-post test data.

21st Birthday Card

To reduce the risk of alcohol poisoning and mortality associated with high-risk drinking on the 21st birthday. This program is done by the Vice-President for Student Services (VPSS) in conjunction with the AOD Resource Center. Students are sent a 21st birthday card a few days prior to their 21st birthday, signed by the VPSS. Card inserts include a BAC wallet card, and a coupon to a local eatery.

Intercollegiate Athletics

The Athletics Department produces a yearly Student Athlete Handbook, which includes a Drug and Alcohol Policy, Drug Testing Protocol and Alcohol Abuse Policy. The department conducts educational programs through the CHAMPS/Life Skills program, usually every other year. Spring 08, motivational speaker Michael Cooper came to campus to speak on alcohol.

Late Night Programming

The Office of Student Activities, University Union, University Housing and Dining, and Student Recreation Center provide numerous late night alcohol-free activities.

- Bowling Center
 - Now open until midnight Friday & Saturdays
 - Cosmic Bowling on Tuesdays from 8:30 -10:00 pm
- Graffiti Party in Tanner Hall

- Late night comedians, late night movies, bingo, eating contests and play station video tournament hosted in Union
- Midnight basketball and Late-night 'Disco Skating in the Rec. Center
- VPSS provided 24,000 additional dollars to fund various events
- First Night Fun
- Additional intramural events scheduled on Tuesday, Thursday and Saturday evenings as an alternative to alcohol
- Purchased outdoor, inflatable movie screen and projector for late night films

Targeted Prevention Programming

Educational and alternative programming is provided on an ongoing basis within University Housing. Programmers include Certified Peer Educators, Resident Assistants, Hall staff and Guest speakers. Topics included risk reduction, awareness, social norming, and legal consequences

Late Nite Bus Route

(Route 4- Orange) serves the downtown area late at night Thursday through Saturday. The route runs until 2:00am on Thursday, and 3:00am on Friday and Saturday. This route was established to reduce the incidence of DUI, alcohol related death and injuries, assaults, and property damage after local bar establishments close. Unarmed safety officers were added to establish orderly conduct on the bus, through a collaboration between WIU and the City of Macomb. This program has proven very successful in terms of student acceptance, ridership and risk-reduction.

Escort Services

Western Illinois University's Office of Public Safety provides an escort system so students don't have to walk alone. Western's Student Patrol members are available to provide escorts on campus during the evening to early morning hours. Student Patrol can be reached by calling OPS at 309/298-1949.

RAD Classes

Topics covered include avoiding victimization, patterns of date rape encounter, basic principles of defense, full-speed hands-on exercise and dynamic simulation training.

Safe Choices Campaign

As part of an awareness campaign, Beu Health Center/AOD Resource Center developed an AOD awareness campaign during the Spring 2008 using computer mousepads, and educational brochures targeted to students and parents. The mousepads were placed in the University computer labs.

IMPACT Institute – March 23-25, 2007

The IMPACT institute is a weekend long program designed for fraternity and sorority communities and is a program of the North American Interfraternity Conference. IMPACT provides students the opportunity to gather in a retreat setting to address and develop strategies to combat the challenges of their fraternal experience. One of the most

significant challenges of the fraternity/sorority community across the country and here at Western is substance abuse and risky decision making in regards to drugs and alcohol.

WIU Trivia Bowl

One of the objectives of the Trivia Bowl is to provide alternative forms of recreation and activity instead of the usual visitation to drinking establishments. Trivia Bowl will aim to inform participants of the alternatives to and consequences of drug and alcohol usage.

CURRICULUM

The following courses are available at the undergraduate and graduate levels. They include courses related to alcohol and substance abuse and associated risk factors, treatment, and social development. Western Illinois University is in the early stages of developing a Certified Alcohol and Addictions Counselor (CADC) track within the Psychology department.

Undergraduate Courses:

African American Studies

251 Social Problems of Black Americans. (3) A sociological investigation of such problems as crime and delinquency, racism, mental illness, drug use, alcoholism, and poverty. *Prerequisite: sophomore standing or consent of instructor.*

Dietetics, Fashion Merchandising, and Hospitality

150 (formerly FCS 204) Introduction to Hospitality Management. (2) A review of the history, growth, and development of hospitality services including an exploration of career opportunities in contemporary hospitality operation.

256 (formerly FCS 462) Bar and Beverage Management. (3) Principles of beverage science, mixology; bar and beverage management including controlling personnel, purchasing, inventory, and equipment; and legal issues related to clientele. *Prerequisites: FCS 150 and 21 years of age. Field trips will be required.*

Health Sciences

120 Personal Health Promotion. (2) (General Education/Human Well-Being) Designed to enhance students' physical, intellectual, emotional, social, and spiritual health which will enable them to pursue their college and life goals more effectively.

123 Drug Use and Abuse. (2) (General Education/Human Well-Being) A comprehensive and in-depth study of the use and abuse of drugs in our society.

210 Student Health Education. (2, repeatable to 6) This course provides in-depth training to selected students in critical areas of personal health. Trained student health educators present programs for residence halls, Greek organizations and recognized student groups, and serve as role models for positive lifestyle choices. *Prerequisite: permission of instructor.*

442 Drug Education in the Home, School, and Community. (3) Concepts of drug education with emphasis placed on preparing the student in content, resources, procedures, and philosophy of home, school, and community drug education.

Prerequisites: HE 123 (or its equivalent) and senior standing, or permission of instructor.

450 Consumer Health Workshop. (1, repeatable to 2 with change in topic)

Examination of significant current issues in consumer health. Topics may include health care, drug products, health insurance, disease treatments, nutrition/weight control products, and consumer laws/protection. *Prerequisite: senior standing or permission of instructor.*

450 Health Promotion Workshop. (1, repeatable to 2 with change in topic)

Designed to provide new and updated information relative to current health issues confronting the health promotion professional. *Prerequisite: senior standing or permission of instructor.*

450 School Health Workshop. (1, repeatable to 2 with change in topic)

Designed to provide new and updated information relative to current health issues confronting the school health professional. *Prerequisite: senior standing or permission of instructor.*

450 Child and Adolescent Health Crisis Workshop (Multidimensional analysis of health problems)

450 Substance Use and Abuse Workshop. (1, repeatable to 2 with change in topics)

Designed to assist concerned school and community personnel in recognizing the multidimensional influences of alcohol, drugs, and other substances on health.

Prerequisite: senior standing or permission of instructor.

Nursing

433 Community Mental Health Nursing. (3 s.h.) Explores population-specific mental health issues including access, treatment modalities, and follow-up, and drug and alcohol abuse in the context of community health nursing. A clinical component course.

Prerequisites: Nurs 304, CH 211, and permission of program director.

Psychology

100 Introductory Psychology. (3) (General Education/Social Sciences) An introduction to psychology including methods, theory, and data regarding the study of behavior. Topics include biological, social, learning, personality, motivation, and abnormal behavior.

250 Human Social Behavior. (3) (General Education/Social Sciences) An introduction to the influences of social factors on behavior. Topics include helping, aggression, interpersonal attraction, attitudes, prejudice, and behavior in groups. *Prerequisite: Psy 100 or permission of instructor.*

251 Personality and Adjustment. (3) (General Education/Social Sciences) An introduction to the study of personality and its relation to human behavioral adjustment

emphasizing such topics as relating to others, stress management, needs, values, and self-esteem. *Prerequisite: Psy 100 or permission of instructor.*

427 Health Psychology. (3) Examines how psychological theory and research have been used to study the behavioral, psychological, and social factors that affect physical health. Topics include how social scientists study coping with stress, pain, illness management, and prevention of unhealthy behaviors. *Prerequisites: Psy 251 and 223, or permission of instructor.*

444 Biopsychology of Drugs and Addiction. (3) A systematic study of the relationships between drugs and psychological processes (i.e., psychopharmacology) with emphasis on the roles of the central nervous system, individual experience, and the environment in determining the outcome of drug use. *Prerequisites: Psy 343 or Biol 103 or HE 123 or HE 442, or graduate standing, or permission of the instructor.*

Social Work

331 Social Work and Addictions. (3) An introduction to addictions and their effects on individuals, families, and society. Current theories, treatments, and social work roles and functions will be studied. *Prerequisite: junior standing or consent of instructor.*

University Courses

100 Personal Growth in Higher Education. (1) Exploration of the role of higher education in personal growth. Consideration of critical thinking, problem solving, and information gathering skills. *Credit cannot be given for both Univ 100 and CSP 110. Prerequisite: first semester freshman status. Graded S/U only.*

Graduate Studies Programs:

College Student Personnel

533 Special Problems in College Student Personnel. (1–3, repeatable to 6) Designed to provide a group of students an opportunity for further professional growth and to apply problem-solving approaches in dealing with a specific educational problem.

560 Student Characteristics and College Impact. (3) Characteristics of college students, focusing on the needs of the diverse student populations on today's college campuses, will be examined. The impact of college on students, including factors related to retention and attrition and the differential impacts of college on various student populations, will also be explored.

Counselor Education

551 Counseling for Addictions. (3) Principles and practices of addiction prevention and counseling with special application to the functions of counselors.

Psychology

596 Approaches to Substance Abuse Diagnosis and Treatment. (1) Students will become aware of the multiple theoretical viewpoints available to understand the human substance abuse, as well as the variety of treatment approaches available for addressing these difficulties. Emphases will be placed upon maintaining appropriate scientific skepticism regarding current cultural and professional viewpoints, as well as appreciating the importance of understanding the challenges inherent in the dually diagnosed.

Prerequisites: Permission of the instructor.

PEER BASED INITIATIVES

Bacchus Network

WIU is an affiliate of the BACCHUS Network™, a university and community based network focusing on comprehensive health and safety initiatives. The BACCHUS mission is to “actively promote student and young adult based, campus and community-wide leadership on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, unhealthy sexual practices and other high-risk behaviors.” Resources include various risk-reduction tool kits and certification of peer educators.

Student’s TALK

Student peer educators receive intensive training on such topics as communication, time management, stress management, community and campus resources, role modeling and ethics. Upon successful completion of training, students may become Certified Peer Educators. Peer Educators provide presentations in the residence halls and Greek housing and are involved in various health awareness campaigns on campus, including alcohol and other drugs. Students may receive course credit when registered for Health Education 210. Each semester, 8-12 students are engaged in Student’s TALK.

Training

ServSafe Program

All Sodexo employees that serve alcoholic beverages receive training through ServSafe, an on-line program sponsored by the National Restaurant Association. Training covers alcohol law and server responsibility; recognizing and preventing intoxication, checking identification and handling difficult situations.

IFC/PHC Risk Manager Roundtable

All fraternities/sororities are to be in compliance with their international policies for the distribution of alcohol. Before hosting an event, at the start of each semester, the President, Risk Manager, and Social Chair(s) of each chapter will attend the IFC/PHC Risk Manager Roundtable. If a chapter does not participate they will be placed on social probation until they complete the necessary training with the IFC/PHC Risk Managers.

Alcohol Wise

All freshmen and transfer students are required to complete an on-line alcohol and drug education course intended to educate students about the harmful affects of alcohol and drugs, and act as a prevention for future alcohol/drug related violations.

Hall Staff Training

UHDS staff, including Resident Assistants, Hall Directors, Complex Directors and support staff attend annual retreat/training sessions prior to the beginning of each school year. Topics included in training include alcohol and other drugs, enforcement, crises management.

SUPPORT AND INTERVENTION SERVICES

Equal Opportunity and Access

WIU complies with Americans with Disabilities Act (ADA) in that WIU recognizes alcoholism as a medical condition, per ADA regulations, and can accommodate employees if they are currently in treatment and not using alcohol. Accommodations typically include time off for Alcoholics Anonymous meetings, treatment, aftercare appointments, etc.

Employee Assistance Program (EAP)

WIU offers a confidential, voluntary EAP program for employees. This program is designed to assist employees with personal problems, including drug and alcohol problems. Employees may contact program staff at 888-275-3683 to access assistance.

Employee Insurance

The State of Illinois employee insurance plans provide benefits for inpatient and outpatient services related to drug and alcohol treatment.

Student Insurance

The WIU Student Insurance program provides benefits for inpatient and outpatient substance abuse issues.

AOD Resource Center

AOD Resource Center is a state licensed facility for Early Intervention education and Level I Outpatient treatment with dual-diagnosis capability. AOD Resource Center also provides Secretary of State services such as DUI, Updates, Investigative Reports, and Driver's Risk Education.

| | Fall 2006 | Spring 2007 | Fall 2007 | Spring 2008 | Summer 2008 |
|-----------------------|-----------|-------------|-----------|-------------|-------------|
| Prevention Activities | 39 | 3 | 25 | 9 | 6 |
| Direct Service hours | 619 | 763 | 598 | 844 | 0 |
| DUI services | 10 | 13 | 12 | 31 | 0 |
| DUI Risk Education | 7 | 13 | 10 | 25 | 0 |

Smoking Cessation

All patients seen at Beu Health Center for Evaluation/Management are screened for Tobacco use. Patients seeking to quit or reduce tobacco use are referred for free cessation counseling. Beu Health Center offers a program that will help patients understand the smoking addiction and recovery process. Patients learn how to assess their reasons for smoking and hear motivations for quitting. Education offered during

individual sessions assists the student in looking at reasons for use, barriers to quitting, and a plan for cessation and maintenance.

University Counseling Center

The University Counseling Center offers free individual counseling for students who are currently enrolled at WIU. Individual counseling helps students to increase self-understanding and relate to others more effectively. Professional counselors assist in exploration of problem areas and offer strategies for change. Some of the types of concerns that can be addressed in personal counseling are: self-confidence/self-esteem, relationships, stress, depression, anxiety, alcohol/substance abuse, and family problems. The University Counseling Center staff participate in outreach activities including CUPP, Amethyst Council, E-Chug Day (April 1) and National Depression Screening Day, and faculty training.

Western Emergency Medical Services

Western EMS is a professional, volunteer, non-transport Basic Life Support (BLS) Service. Members provide direct patient care to the Western Illinois University population and visitors to the campus.

Staffing and Resources

Alcohol and Other Drug Risk Reduction Steering Committee

Developing a comprehensive substance abuse educational program that includes alcohol and other drug risk reduction has been incorporated into WIU's strategic plan for 2008 – 2018. *WIU Higher Values in Higher Education 2008 - 2018, An Action Agenda for Western Illinois University*, Goal 3: Provide Education Opportunities. A multidisciplinary risk-reduction steering committee has been formed to address this issue. Subcommittees include Research, Policy, Intervention Strategies, DFSCA Compliance, Grants and Resources, and Data/Evaluation.

Tailgating Committee

WIU has permitted tailgating activities in conjunction with home football games for over two decades. Anecdotal reports indicate problematic behaviors of high risk drinking. In response to these issues, WIU Administration has requested the Athletics Department to convene a Tailgating Committee to review tailgating, and make recommendations for risk reduction for the 2009-2010 season.

Recommendations made by the committee included moving tailgating to a larger area so that it is more spread out, easier to identify underage person, less anonymity, more family friendly.

Substance Abuse Prevention Fund

This fund is used to support Alcohol and Other Drug programs and initiatives. It is funded through fines levied to students for alcohol and other drug policy violations. Requests for funding are reviewed by the Substance Abuse Prevention Fund committee, appointed by the VPSS. The fund request form is found on-line at <http://beu.wiu.edu/progrant/progrant.asp>. Programs funded during this report period include:

Midnight Basketball Extravaganza – February 22-23, 2007

On Thursday and Friday, February 22-23, 2007 the Campus Recreation Office in the Spencer Student Recreation Center held the Midnight Basketball Extravaganza. Alcohol Free alternative

Alcohol Messaging – February-April 2007

Program description: For two years the Amethyst Council developed 3 posters this spring semester for distribution across campus. Awareness campaign

Mock DUI – April 2007 and 2008

Western EMS hosts a mock DUI each spring semester in April <http://www.wiu.edu/wems/dui/index.php>. The intent of this demonstration is to show the dangers of driving under the influence of alcohol or other drugs. The event is open to the public and geared towards high school and university students.

Amethyst Week – April 16-20, 2007

April 16 - Presentations by Dr. Ziegler.

April 17 - Presentation by Dr. Ziegler , E-CHUG/Alcohol awareness Day Promotion, Dive-in Movie night.

April 18 - Baggo Tournament

April 19 – Bowling/video game tourney (beer goggles)

April 20 – Mock DUI 10 a.m. (SPO); Club WI-U (Music where every hour is a new genre (disco, oldies, hip hop, classic rock, etc.)

First Night Fun – August 2007

Safe Choices, Safe Campus: Fall 2007 – Spring 2008

The AOD Resource Center has created an alcohol prevention campaign targeting relevant and specific information on risk associated with ATOD use for distribution to incoming WIU students and their parents. The booklets have been created to provide specific and relevant information regarding the consequences for ATOD-related problems and specific tips and interventions that students can use to stay safe and equivalent information to help parents monitor and inform their son or daughter’s safety in the transition to college.

Disco Skate – November 9, 2007

The Spencer Student Recreation Center is transformed into a 70’s disco skate heaven for one night only! a non-alcoholic alternative

2nd Annual Trivia Bowl - February 27, 2008

Alcohol Messaging Posters, Year 2 – Spring 2008

“Safe Choices Safe Campus”

Mouse Pads for Computer Labs (800) – Spring 2008

Amethyst Council

Amethyst Council mission is to further an environment in support of the legal and low-risk use of alcohol, the reduction of tobacco use, and the elimination of illegal drug usage, and to support those who choose not to use. The council serves as an advisory group to the WIU President on any matter that affects the use of alcohol, tobacco, and other drugs in the University community.

AHEC/IHEC

Western Illinois University is a member of the Illinois Higher Education Center, a state affiliation of the U.S. Department of Education’s Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention. WIU sends a multi-disciplinary group to the annual conference in Springfield, Illinois.

Policies and Implementation

WIU Policy on Drug and Alcohol Abuse (8/10/1995)

<http://www.wiu.edu/policies/drugalcohol.php>

Drug Free Workplace Policy Statement (5/4/1989)

<http://www.wiu.edu/policies/drugfree.php>

Clean Air/No-Smoking Policy (Approved 11/13/2007)

<http://www.wiu.edu/policies/cleanair.php>

Student Right-to-Know and Campus Security Act, and Drug-Free School and Communities Act Information (Approved prior 1998)

<http://www.wiu.edu/policies/rtknow.php>

Civil Service Handbook, Appendix K - Drug and Alcohol Abuse Policy (July, 1990)

http://www.wiu.edu/hr/handbook/appendix_k.php

BOT Alcoholic Beverage Policy (11/16/2001)

<http://www.wiu.edu/bot/regulations/docs/physfac.pdf>

Sale and Provision of Alcoholic Beverages, University Union Policy Manual (Revised May, 2008)

<http://www.student.services.wiu.edu/uu/pdf/uupolicymanual.pdf>

Policy on Tailgate Area (approved 9/5/1986)

<http://www.wiu.edu/policies/tailg.php>

Code of Student Conduct (Approved 5/15/1998)

<http://www.wiu.edu/policies/stucode.php>

Hazing Policy (Approved prior 1998)

<http://www.wiu.edu/policies/hazing.php>

Alcohol and Other Drug Policy and Resource Guide (Annual Notification updated Aug, 2008)

<http://www.student.services.wiu.edu/vpss/pdf/drugbrochure.pdf>

Western Courier – Policies Concerning Alcohol Advertising (Approved 8/12/1991)

<http://www.wiu.edu/policies/courier.php>

Social Events Policy for Sororities and Fraternities (Revised Oct 29, 2007)

<http://www.student.services.wiu.edu/osa/greeklife/current/pdf/Social%20Event%20Policy.pdf>

Residence Hall Handbook <http://www.student.services.wiu.edu/uhs/pdf/handbook.pdf>

Graduate and Family Housing Handbook

<http://www.student.services.wiu.edu/uhs/gfh/pdf/handbook.pdf>

Student Employment Handbook (Revised July 2008)

http://fa.wiu.edu/pdf/stuemp_handbook.pdf

Student Athletic Handbook (2008-2009)

http://www.wiuathletics.com/pdf4/135974.pdf?ATCLID=613550&SPSID=61482&SPID=6687&DB_OEM_ID=12000

Enforcement

Public Safety

Total liquor law arrests and liquor law referrals made by WIU Office of Public Safety:

Year 2006 1055
Year 2007 1095
Year 2008 1212

Total Drug law arrests and drug law referrals made by WIU Office of Public Safety:

Year 2006 235
Year 2007 324
Year 2008 336

Student Judicial

| | Fall 2006 | Spring 2007 | Fall 2007 | Spring 2008 |
|-----------------------|-----------|-------------|-----------|-------------|
| Alcohol violations | 559 | 336 | 626 | 426 |
| Other Drug violations | 127 | 97 | 188 | 88 |
| Total | 686 | 433 | 814 | 514 |

Drug Testing

WIU athletics is involved in 2 types of drug testing programs, the WIU program and the NCAA drug testing program. The WIU drug testing program happens monthly and the NCAA program happens yearly. The WIU program involves testing a student athlete from most sports monthly, whereas the NCAA usually only tests Football, Track and then possibly one other sport at one time or another during the year.

Information pertaining to the WIU athletics department drug testing protocol begins on p. 17 of the student athlete handbook

http://www.wiuathletics.com/pdf4/135974.pdf?ATCLID=613550&SPSID=61482&SPID=6687&DB_OEM_ID=12000

Assessment and Evaluation

Core Survey

Western Illinois University has participated in the Core Institute's Alcohol and Other Drug Survey for several years. During 2007, WIU worked with the Institute to create a benchmarking study. The report, published in July of 2007 serves as an assessment of WIU's Alcohol and Other Drug prevention strategies that affect knowledge and attitudes, choices and behaviors and environmental factors.

NCHA Survey

Western Illinois University participates approximately every three years in the American College Health Association's National College Health Assessment Survey. The survey addresses several alcohol and other drug questions, as well as risky behaviors. This survey was last performed in fall, 2007, the first time the survey was conducted on-line verses in classroom setting.

Tobacco Survey

As part of the Live Free, Tobacco Free! Grant initiative, Western Illinois University has participated in a tobacco survey of the 15 participating Illinois colleges and universities for the past four years. This survey allows us to assess attitudes toward tobacco, policies, cessation resources (WIU & Quitline), increased partnership of students and faculty within the university.

E-Chug/E-Toke Assessments

WIU has utilized the E-Chug and E-Toke online assessment tools for the past four years. On demand reports provide information regarding alcohol and marijuana use among our students. Data has a biased selection towards those persons exhibiting high-risk behavior as it is used as part of the AOD Resource Center assessment.

Alcohol Wise Pre/Post Test data

Fall 2008 is the first year that Alcohol Wise has been mandated for freshmen and transfer students. Initial evidence indicates an average of 50% increase in knowledge.

Summaries of the AOD Program Strengths and Weaknesses

Strengths: The administration of Western Illinois University has a commitment to reducing risks associated with drug/alcohol use on campus. This is underscored by inclusion of alcohol and other drug risk reduction as a strategic plan initiative for 2008 - 2018. There are numerous programs offered across campus that address alcohol and other drug use/abuse that include prevention, intervention and treatment. The University has an AOD Resource Center on campus, licensed by the State of Illinois to provide level-one outpatient treatment and referral as well as prevention. Pre-matriculation education has been added and has shown evidence of improving knowledge through pre-post testing. The communication between the various offices that deal with alcohol and drug abuse is good (AOD Center, Beu Health Center, University Counseling Center, Student Judicial, Student Development and Orientation, Office of Public Safety, Vice-President for Student Services, Human Resources, Student Activities, Athletics). The university and local community have a formalized partnership that provides a forum for discussion of joint concerns on alcohol and other drugs.

Weaknesses: The University has made attempts in the past to address the issue of alcohol and drug use/abuse, however, there is not a comprehensive plan in place for risk-reduction, although this is now underway. Many programs are in place that address alcohol/drugs risk reduction, but not all of these have not been reviewed for efficacy or evidence-base. Resources to conduct a comprehensive program are inadequate, and alternative sources must be identified. Improvements to the annual alcohol/drug notification system are needed to ensure that all employees are reached on an annual basis.

Annual AOD Notification

<http://www.student.services.wiu.edu/vpss/pdf/drugbrochure.pdf>

This notification is provided in print format to students through the Student Handbook, published as part of an annual calendar. Students also receive electronic notice through the existing tele-STARS system.

Faculty/staff receive notice upon initial hire as part of new employee orientation materials. Through this biennial review process, it has been determined that annual employee notification after initial hire has not been consistent, and needs improvement.

Recommendations for Revising AOD Programs

Recommendation 1: Conduct a more in-depth Alcohol/Drug Policy Review

Alcohol and Other Drug policies must be reviewed on a regular basis to ensure they are both reasonable and enforceable. The current Drug and Alcohol Abuse Policy was approved by the President 8/10/1995. These policies are reviewed as part of the university policies. Other student policies on alcohol and other drugs exist in the University's Residence Hall Handbook and Code of Student Conduct. The Faculty Handbook and the Civil Service Handbook pertain to employee policies. The University has other policies related to drug and alcohol in the Official University Policy Manual (i.e., tailgating, sales). It is recommended that all policies pertaining to alcohol and other drugs be reviewed in more detail to ensure they are current, reflect best practices and are consistently enforced.

Recommendation 2: Assess Existing Programs for Evidence of Effectiveness

The programs and services related to alcohol and other drugs at Western Illinois University are more than those offered by the AOD Resource Center or the Employee Assistance Program. A comprehensive program inventory should be conducted to identify and characterize existing programs based on NIAAA Tiers of Effectiveness. Programs should be included that are not specifically designed as AOD programs, but address a risk reduction (i.e. late night and alternative activities, etc). These programs can then be evaluated to determine their effectiveness, and how they may fit into a comprehensive risk reduction plan based on the 2007 College Campus Alcohol and Other Drug Survey Special Report for WIU. Gaps in programs and services will identify where additional resources should be sought.

Recommendation 3: Provide a Compliance Plan for Pre-matriculation Education

Fall 2008 marked the first year for mandatory pre-matriculation education of freshmen and transfer students using the evidence based program Alcohol Wise. Pre-Post data show a marked improvement in knowledge from those completing the program. Although the program was promoted as "mandatory", there was no enforcement plan (e.g. encumbrance of registration). In order to achieve the optimum result, this program needs a better implementation plan, and more inclusion from affected offices like Academic Advising. Program should be extended to other targeted groups such as Greeks and Athletics. A sustainable funding source is also desirable.

Recommendation 4: Improve distribution plan for required annual employee notification for existing employees. A plan for using tele-STARS for annual notification will be implemented.

Recommendation 5: Identify Funding Sources to Enhance Late Night and Alternative Programming Options

Recommendation 6: Establish a comprehensive alcohol and other drug risk-reduction plan in accordance with the WIU Strategic plan 2008-2018.