



Office of Student Outreach and Support
Wellness, Alcohol & Drug Education (WADE) Program

Saint Joseph's University

Biennial Review

June 2014 – June 2016

Drug Free Schools and Communities Act
Biennial Program Review 2014-2016

The Biennial Review is required by the Drug Free Schools and Communities Act to certify that institutions of higher education have implemented programs to prevent the abuse of alcohol or use of illicit drugs on their campus. Saint Joseph's University recognizes its responsibility to not only conduct and complete a review but also report findings and utilize the results to improve the work executed for our campus community.

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This review covers the period from June 1, 2014 through May 31, 2016.

Standards of Conduct

Saint Joseph's University by virtue of its mission, educates and cares for the whole person. As such, the University recognizes that, given the significant alcohol-related problems in society, serious efforts must be made to educate students so that they can make responsible choices.

The [*Student Handbook*](#) details information with respect to Standards of Conduct and specifies the Policy on Alcohol, the Policy on Drugs and Guidelines for Alcohol Beverage Distribution and Consumption.

(http://www.sju.edu/int/studentlife/studentresources/communitystandards/imagesanddocuments/handbook/2016-2017_STUDENT-HANDBOOK.pdf)

Alcohol Policy

Guided by care and concern for the individual person and the welfare of all students, the following paragraphs constitute the official Alcohol Policy as approved by University Council (May 12, 1987) and the president:

Saint Joseph's policy on the use of alcohol combines observance of state law, protection of the overall community and reduction of high risk behavior by students. Consistent with our Catholic, Jesuit mission, the alcohol policy is guided by the care and concern for the individual person and the welfare of other students. It should be understood that the University in no way is a co-sponsor to off campus alcoholic events unless it has specifically stated this prior to the event. To reflect its commitment to alcohol awareness, the University calls upon key individuals and departments to educate the University community on the dangers of alcohol abuse and to enforce policies on alcohol use:

- The Assistant Director of Student Outreach & Support coordinates alcohol and other drug education and programming as well as materials to assist students with issues concerning alcohol usage.
- Members of the Division of Student Life and The Office of Public Safety and Security assist in implementing and enforcing the policy.
- The Advisory Council on Alcohol, Drug & Student Health assists the Vice President for Student Life/Associate Provost by making recommendations for an overall vision and plan for the wellness, alcohol, and drug education needs of Saint Joseph's University.

The following two paragraphs constitute the official Alcohol Policy as approved by University Council (May 12, 1987) and the President:

In compliance with the laws of the Commonwealth of Pennsylvania, no person under twenty-one years of age shall attempt or carry out the purchase, possession, consumption or transport of alcoholic beverages on University property or at any event sponsored by the University. No student or employee of the University shall attempt or carry out the transfer of any form of identification for the purpose of falsifying age in order to secure alcohol. No student or employee of the University shall give permission or render

assistance in the sale, furnishing, or providing of alcohol to any person under twenty-one years of age.

Only under the conditions clearly stipulated in the University guidelines is the possession or consumption of alcoholic beverages by students twenty-one years of age and older permitted. This conditioned permission should not be interpreted to mean that the University encourages the use of alcoholic beverages. Furthermore, the University considers intoxication, disorderliness or offensive behavior deriving from the use of alcoholic beverages, regardless of a person's age, to be unacceptable and subject to disciplinary action.

Examples of alcohol violations include, but are not limited to:

1. underage possession and/or consumption of alcohol;
2. knowingly furnishing, transporting, and/or allowing minors to consume alcohol;
3. use of alcohol resulting in involuntary, erratic and/or abusive behavior;
4. unauthorized possession of a keg/beer ball;
5. involvement in the high risk use of alcohol;
6. exceptional number of persons observed in a residence on campus or off campus when an open container of alcohol is present;
7. open container of alcohol in public area.

Students are expected to immediately report conduct or activity which poses a danger to the community or its members.

For example, all students are expected to seek appropriate assistance for themselves or others in situations where help is needed to ensure proper care of a person who is significantly intoxicated or under the influence of drugs. Students should not hesitate to seek help because of fear of disciplinary action.

In most circumstances, the help seeker and the student in need will not be charged with a policy violation under the University Community Standards system. Although students may be required to meet with a University official regarding the incident, Saint Joseph's University will support and encourage this behavior by treating it as a health and safety matter, not as a disciplinary incident. In rare circumstances, such as cases of repeated, flagrant, or serious violations of the Community Standards (e.g., bodily harm, sexual misconduct, physical or verbal abuse or harassment, distribution of drugs, hazing, theft) or violations that caused the harm to another person requiring emergency response, a student's behavior may be considered more than a health and safety matter.

GUIDELINES FOR ALCOHOL BEVERAGE DISTRIBUTION AND CONSUMPTION

Students must secure approval for alcohol-related events. The President has appointed the Vice President for Student Life/Associate Provost or designee to approve requests of faculty, administration, staff, alumni and off campus groups for events where alcohol will be served. This arrangement is a systematic reminder to the whole community that the University is serious about promoting responsible alcohol awareness. Guidelines

pertaining to the distribution and consumption of alcohol can be found at <https://www.sju.edu/int/resources/specialevents/alcoholguide.html>.

These guidelines apply to all constituents of the University including the administration, students, faculty, staff and alumni and their guests who attend events on campus that are sponsored by the University or divisions, departments, classes, teams or organizations of the University.

PENNSYLVANIA LIQUOR CONTROL BOARD

In addition to violations of University Policies, there are state and local laws, including, but not limited to, Title 18 (Pennsylvania Crimes Code) and Title 75 (the Pennsylvania Vehicle Code) that impose significant criminal penalties if violated:

Title 18: Note, in particular, Sections 5505 (Public Drunkenness); 6307 (Misrepresentation of Age to Purchase Liquor or Malt Brewed Beverages (Beer)); 6308 (Purchase, Consumption, Possession or Transportation of Liquor or Malt or Brewed Beverage by A Minor); 6310.1 (Selling or Furnishing Liquor or Malt or Brewed Beverages to Minors); 6310.7 (Selling or Furnishing Non-Alcoholic Beverages to Persons Under 21); 6310.2 (Manufacture or Sale of False Identification Card); 6310.3 (Carrying a False ID); and, 3809 (Restriction on Alcoholic Beverages (Open Container)).

Title 75: Note, in particular, Sections 3718 (Minor Prohibited from Operating with Any Alcohol in System); 3802 (Driving Under the Influence of Alcohol or Controlled Substance); 3802(a) (General Impairment); 3802(b) (High Rate of Alcohol); 3802(c) (Highest Rate of Alcohol); 3802(d) (Controlled Substances); 3802 (e) (Minors); 3802(f) (Commercial or School Vehicles); 3735 (Homicide by Vehicle While Driving under the Influence); and, 3735.1 (Aggravated Assault by Vehicle while Driving under the Influence). Pennsylvania Liquor Laws: <http://www.lcb.state.pa.us/>

Drug Policy

The following paragraphs constitutes the Interim Drug Policy:

Saint Joseph's University encourages and sustains an academic environment conducive to learning and promotes the health, safety, and welfare of all members of its community. In accordance with the Drug Free Schools and Communities Act Amendments of 1989 and as a Catholic, Jesuit institution, this policy reinforces the University's commitment to maintaining an environment that is dedicated to the physical, emotional, spiritual and psychological development of all persons.

To reflect its commitment to drug awareness, the University calls upon key individuals and departments to educate the University community on the dangers of drug use and to enforce policies on drug use:

- The Assistant Director of Student Outreach & Support coordinates alcohol and drug education and programming as well as materials to assist students with issues concerning drug usage.

- Members of the Division of Student Life and The Office of Public Safety and Security assist in implementing and enforcing the policy.
- The Advisory Council on Alcohol, Drugs and Student Health assists the Vice President for Student Life/Associate Provost by making recommendations for an overall vision and plan for the wellness, alcohol, and drug education needs of Saint Joseph's University.

The use, possession, or distribution of illegal narcotics or other controlled substances except as expressly permitted by federal, state and/or local law, as well as the misuse of prescription drugs is prohibited and shall be referred to the Community Standards process. Drug paraphernalia may indicate illegal drug use, and possession may result in disciplinary action.

Use or possession of marijuana, including medical marijuana is strictly prohibited on campus. Any such use or possession is a violation of the Community Standards.

Examples of drug violations include, but are not limited to:

1. illegal or improper use, possession, cultivation, distribution, manufacture, or sale of any drug(s), including prescribed medications;
2. illegal or improper use of solvents, aerosols, or propellants;
3. administration or employment of drugs or intoxicants causing another person to become impaired without his or her knowledge.

Students are expected to immediately report conduct or activity which poses a danger to the community or its members.

For example, all students are expected to seek appropriate assistance for themselves or others in situations where help is needed to ensure proper care of a person who is significantly intoxicated or under the influence of drugs. Students should not hesitate to seek help because of fear of disciplinary action.

In most circumstances, the help seeker and the student in need will not be charged with a policy violation under the University Community Standards system. Although students may be required to meet with a University official regarding the incident, Saint Joseph's University will support and encourage this behavior by treating it as a health and safety matter, not as a disciplinary incident. In rare circumstances, such as cases of repeated, flagrant, or serious violations of the Community Standards (e.g., bodily harm, sexual misconduct, physical or verbal abuse or harassment, distribution of drugs, hazing, theft) or violations that caused the harm to another person requiring emergency response, a student's behavior may be considered more than a health and safety matter.

The current [Saint Joseph's University Alcohol Policy and Drug Policy](#), can be found online and is in compliance with the Drug Free Schools and Communities Regulations, includes the following:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on University property, or as part of any University sponsored activity
- A description of the legal sanctions for the unlawful use, possession or sale of illicit drugs and alcohol available under local, state and federal law
- A clear statement of the disciplinary sanctions that will be imposed on students and employees for violation of the policy and a description of those sanctions
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of applicable counseling, treatment, referral, and Employee Assistance program

The University policy on alcohol and drug is included in the *Faculty Handbook*, the *Administrative and Professional Staff Handbooks* which are available to faculty and staff on their employee portal and the [Student Handbook](#) which is distributed annually. (http://www.sju.edu/int/studentlife/studentresources/communitystandards/imagesanddocuments/handbook/2016-2017_STUDENT-HANDBOOK.pdf)

New employees receive a paper copy of the policy and sign that they have received it. Faculty and staff are annually notified of the policy via an e-mail with a link to the policy online. All students are e-mailed a link to the website to view the *Student Handbook*.

All handbooks are available online in numerous locations; a link to the policy is posted on the [Office of Community Standards web site](#): (<http://www.sju.edu/int/studentlife/studentresources/communitystandards/alcohol.html>) the [Human Resources web site](#): (<http://www.sju.edu/int/resources/humanresources/drugalcohol.html>) and on <https://nest.sju.edu/>, the university portal used to access university e-mail accounts and other pertinent information.

Evaluation of Program

The University has conducted an evaluation of its Drug Free Schools Program as required by federal law to:

- 1) Determine its effectiveness and implement changes to the program (if necessary).
- 2) Ensure that the disciplinary sanctions are consistently enforced.

To reflect its commitment to alcohol and other drug awareness, the University calls upon key departments to educate the community on the dangers of substance abuse and to enforce University policies on alcohol and drugs (AOD).

- *The Office of Student Outreach & Support* including the Wellness, Alcohol, and Drug Education (WADE) Program provides outreach and educational events and programs for the campus community. Additionally, the department provides individual assessments utilizing the BASICS model, small group assessments and refers students to on-campus services, including counseling or off-campus services, as needed. The program is a resource to the campus community including faculty, staff, students and parents. The office advises a peer education program consisting of student leaders trained by the office on wellness, alcohol, and other drugs. This team of students helps to raise awareness of AOD issues on campus. The WADE program also advises The Flock. Established in the fall of 2014, The Flock is a group of students who are allies of recovery or in recovery themselves. Significant collaborations with other departments occur throughout the year to reach students with information critical to their overall health.
- *The Office of Public Safety and Security* assists in implementing and enforcing the alcohol policy and monitors individuals entering residence halls through contracted desk attendants in residence hall lobbies.
- *The Office of Community Standards* consistently enforces the University Code of Conduct for violations of the alcohol and drug policies with a focus on educational sanctions. Program planning and collaboration on educational events also takes place throughout the year.
- *The Office of Residence Life* promotes health and wellness throughout the halls in numerous ways. The department invites WADE staff into their Resident Assistant (RA) Training each year to educate the staff on alcohol and other drug (AOD) issues including signs of intoxication and overdose. RAs are on duty each night and conduct rounds of the building to enforce policy and address behavioral

concerns as needed. The Office of Residence Life also collaborates with WADE and others to educate resident students about AOD issues through inviting WADE staff or Peer Educators to lead workshops about the impact of alcohol on our bodies, our academics, our relationships, and our community.

- *Student Health Center* advocates for health and wellness for all students and works collaboratively with WADE and others to raise awareness about AOD issues and educate students about healthy options as well as refer to additional services as needed.
- *Counseling and Psychological Services(CAPS)* provides services for students who are struggling with AOD issues personally or in their families in the form of individual counseling and/or referral. CAPS also has a substance abuse specialist on staff.
- *The Athletics* department helps to reach the athletic community in many ways including providing time for workshops and presentations throughout the year. Each fall semester, every athletic team is required by Athletics to attend a one hour session hosted by WADE to discuss AOD issues and bystander intervention.
- *Center for International Programs* has a mission to educate and prepare those students studying abroad either for a short class study tour or for an entire semester and focuses on alcohol and other drug topics as part of their health and safety training.
- *Student Leadership and Activities*, similar to Athletics, provides time for AOD education at Orientation and for all Greek Life organizations on an annual basis.
- *Office of Multicultural Life* collaborates with other departments to plan and implement awareness weeks and events for the student body.
- *Faculty Members* at SJU are often great collaborators bringing AOD education to students in the classroom. Through inviting AOD experts to speak to the class, collaborating on class projects focused on AOD information and promoting campus wide events to students, faculty are a great resource. WADE also reaches out to department heads to attend department meetings to educate faculty about the alcohol culture and other related campus issues.
- *Career Development Center* staff, in conjunction with WADE staff, has helped to facilitate a workshop for students called “Is Drinking in Your Job Description” Additionally; staff members have joined programming committees and collaborated on bringing AOD education to the campus community.
- *SJU Advisory Council on Alcohol, Drugs and Student Health* evaluates the University-wide prevention efforts and assists the Vice President for Student Life/ Associate Provost by making recommendations concerning programming, assessment and more. This Advisory Council is made up of 25 faculty, staff and student members that cross divisions and disciplines.

Policy, Enforcement and Sanctioning

Policy

The most recently revised alcohol policy was implemented in 2008. In June 2013, the Drug Policy was reviewed and revised to create an Interim Policy. This Interim Policy is will be reviewed by the Advisory Council on Alcohol, Drugs, and Student Health during the 2016-2017 Academic Year. Recommendations for a final policy will be provided to the Vice President of Student Life/Associate Provost.

Enforcement

Residential Area Managers and Residence Hall Managers, who are full-time degreed professionals, live and work in the residence halls and function as judicial hearing officers. One Residential Area Manager or Residence Hall Manager and one Senior Staff member (Associate/Assistant Directors of Residence Life Assistant Director and Director of Community Standards) are always on call. Resident Assistants are trained paraprofessionals that live among students in the Residence Halls and serve as advisors, guides and policy enforcers.

Contracted Desk Attendants check-in all students and visitors to the residence halls, as well as perform random bag checks. Their primary concern is the safety of the students and the enforcement of University policies. The University hires a Philadelphia Police Detail and a contracted Security Company of Bike Patrol Officers to monitor the area around campus every day that school is in session. The office of Public Safety monitors security cameras and lighting throughout campus, as well as the "Emergency Blue Light Call Boxes" that connect directly to the 24 hour Operations Center at Public Safety Headquarters.

Sanctioning Process

A student who is alleged to have engaged in an alcohol or drug violation receives communication of the alleged violation and is scheduled for a meeting with an Administrative Hearing Officer or Hearing Board, as outlined in the Student Handbook. [Click here](#) to see a flowchart describing the Community Standards process from incident report to case closure.

(<http://sju.edu/int/studentlife/studentresources/communitystandards/imagesanddocuments/flowchart>)

	Ay 2014-2015 (June 1, 2014-May 31, 2015)	AY 2015-2016 (June 1, 2015-May 31, 2016)
On Campus Alcohol Violations	386	264
On Campus Drug Violations	28	29
On Campus Drug and Alcohol-	0	0

Related Fatalities		
Total (On Campus, Off Campus, Public Property) Alcohol Violations	541	404
Total (On Campus, Off Campus, Public Property) Drug Violations	29	30

Environmental and Targeted Approaches

Wellness, Alcohol & Drug Education (WADE) Program Curriculum

I. CLASS STANDING

Each class is given a series of opportunities to learn about alcohol and other drugs in a format that ideally fits their developmental needs.

First Year Students: First year students are at high risk for alcohol and drug use and abuse due to the transitional issues they face. These students also enter the University community without much knowledge of the policies and procedures that will impact their daily life. In order to combat this, WADE has a well-rounded approach to reach many students where they are.

- 1) Orientation: During Summer Orientation, WADE coordinates a presentation for all incoming students about basic alcohol and other drug issues on campus as well as bystander intervention. This presentation is facilitated by a group of faculty and administrators, trained by the WADE program, to small groups of students. At the conclusion of the session, a survey is completed measuring current behaviors around alcohol and intentions for behaviors upon arriving on campus.

<i>Please check the statement that most fits you.</i>	June 2014 100% Response Rate (1228)	June 2015 77% Response Rate (931)
I do not currently drink and plan to not drink in college	15.6	22.88
I do not currently drink but plan to drink in college	10.4	13.1
I currently drink but plan to not drink in college	2.6	4.4
I currently drink and plan to drink the same way in college	65.9	58.42
I currently drink and plan to drink more in college	5.5	4.19

Additionally, a Sexual Misconduct session takes place during Summer Orientation in small groups and includes a segment on how alcohol impacts consent.

- 2) Online Course: During the summer, students are required to complete an online course that focuses on alcohol, other drugs and sexual violence and healthy relationships called *Think About It*. This course provides students with education and SJU with data on its students' perceptions and behavior around alcohol.

Class of 2019	August 2015	December 2015	February 2016
	Completion Rate: 95% (1177) National sample size: 230,783	Completion Rate: 87% (1023) National sample size: 20,375	Completion Rate: 80% (819) National sample size: 14,259
Class of 2018	August 2014	December 2014	April 2015
	Completion Rate: 95% (1331) National sample size: 196,421	Completion Rate 82% (1077) National sample size: 36,294	Completion Rate: 73% (792) <i>No national comparison</i>

- 4) Living on Campus: Working with Residence Life, WADE trains RAs to discuss alcohol and drug issues throughout the year including during the first floor meeting which all first year students in the residence halls must attend. WADE conducts a training each fall with all RAs to discuss personal responsibility as well as how to talk with their residents about alcohol and other drug issues. Focusing on how to spot the signs of abuse, overdose and addiction, RAs are given the skills needed to mentor their residents. Throughout the year, RAs are also given access to WADE for questions, consultations, and other resources such as bulletin boards. WADE provides RAs with educational and interactive bulletin boards on topics related to alcohol, drugs and wellness education, which can be printed and posted at any time.

Upperclassmen: Second year students are still dealing with numerous transitional issues and are also focusing on where they fit in at the University. This cohort is known for preparing to study abroad as well as getting more involved in organizations that will impact their development.

Juniors and seniors are known for their pursuit of a meaningful career while determining their lifelong goals. Many find internships or opportunities that impact their professional development during this stage. Many students are also legally allowed to consume alcohol during these years, as they turn 21, and need to learn bar appropriate behaviors as well as responsible drinking methods.

- 1) Presentation: Alcohol Abroad: This presentation focuses on cultural and safety issues when abroad and is a requirement for those students traveling for semester long trips as well as short class immersion trips. Although students are not

permitted to drink alcohol while on a study tour or study abroad program, education about culture and emergency response is important. This collaboration with the Center for International Programs reached 383 students studying abroad in 2014-2015 and 366 in 2015-2016.

- 2) Workshop: Is Drinking In Your Job Description?: This program discusses the positive impacts of building relationships with others while socializing around alcohol in a professional setting. It also engages students to think critically about the pitfalls of this method of networking. This is co-hosted by the Career Development Center and was presented in February, 2016 at Landmark in collaboration with RAs.

II. HIGH RISK GROUPS

There are numerous high risk populations at SJU and WADE focuses its outreach to all of them in specific ways.

Greek Life: Greek Life organizations are high risk cohorts due to the possibility of hazing as well as the group think mentality and party atmosphere.

1) iCARE about Greek Life: During the spring semester, all Greek Life Organizations are required to attend a presentation with a WADE staff member. Group motivational interviewing techniques are utilized, along with personalized feedback, to address alcohol and other drug behaviors and norms. Every other year, they are additionally required to complete the Electronic Check-Up to Go (EChug) survey. A total of 674 attended the session in spring 2015 when the survey was not required, as it is required every other year. In spring 2016, a total of 845 students (79%) completed the survey with 616 attending the session.

Within this survey, an AUDIT Score is given for each individual. This score represents level of risk related to drinking behavior from use to abuse to possible addiction. The average AUDIT score for all students in Greek Life was tallied from spring 2014 and again in spring 2016. During this time frame, the AUDIT score decreased showing a decrease in risky behavior related to alcohol use.

Athletes: Athletic organizations, much like Greek Life, have an increased risk of alcohol and drug issues. Many athletes are health conscious but do not associate the effects of alcohol with athletic performance. Due to the competitive nature of their sport, many also are competitive drinkers and play drinking games. When an athlete's sport is in season, they might abstain from drinking before the game and drink to extremes after to celebrate or "make up for" the loss of a party night from the night before. Also, depending on the sport, the body's weight, muscle tone and metabolism might change and impact their ability to drink.

- 1) Alcohol, Drugs & the Student Athlete Booklet: Every athlete is given this personalized booklet in the fall semester which includes information on prescription drugs and narcotics. Many booklets are given to the Athletics Department to put in their offices including the locker rooms and weight rooms.
- 2) iCARE about Athletes: During the spring semester, all athletic teams are required to attend a presentation with a WADE staff member on alcohol issues and other drug issues that specifically relate to athletes including bystander intervention. Group motivational interviewing techniques are utilized, along with personalized feedback, to address alcohol and other drug behaviors and norms. Every other year, they are additionally required to complete the Electronic Check-Up to Go (EChug) survey. A total of 425 attended the session in fall 2014 with 446 (90%) completing the survey. In fall 2015, a total of 376 students attended the session and no survey was completed.
- 3) Drug Testing: Since 2010, all athletes undergo random drug testing by the athletics department. Upon a positive drug test, the student will be sent to the WADE Program to receive a brief two session required assessment. In 2014-2015, there were 213 tests and 4% failed (9 students). Of the 9 fails, 8 failed for marijuana. In 2015-2016, there were 271 tests and 5% failed (15 students). Of the 15 fails, 13 failed for marijuana.

Rules and sanctions related to drug testing policy can be found online [HERE](#). This SJU drug testing policy is in addition to the NCAA drug testing procedures. (http://www.sjuhawks.com/fls/31200/old_site/pdf/mbaskbl/InstituionalDrugPolicy.pdf?DB_OEM_ID=31200)

Sanctioned Students: Students who are sanctioned to participate in a WADE program through the Community Standards process have been identified as needing extra education around the topic of alcohol and/or other drugs as a result of a violation or potential violation of University Policy. WADE offers numerous educational sanctions in order to reach students in a developmental way. All four of the items listed below are open to anyone on campus but are most often utilized as a sanction by students who violate policy.

- 1) Alcohol and Marijuana Online Assessments: The Electronic Check-Up to Go for Alcohol (E-Chug) or Marijuana (E-Toke) is a quick online assessment tool that surveys students about their use and perception of alcohol and marijuana respectively then provides them with instant personalized feedback about their responses. Information includes their frequency and quantity of use, personal risk factors and comparison information to other students nationally and at Saint Joseph's University.
- 2) 1:1 Brief Assessments using BASICS model: These assessments are typically completed in two individual sessions between a student and a WADE staff member. Brief Alcohol Screening and Intervention for College Students

(BASICS) is a nationally recognized, research-based intervention and is included in the NIAAA Tier 1 strategies. Specific strategies within it include developing cognitive-behavioral skills, utilizing motivational enhancement and challenging alcohol expectancies. In meetings while BASICS is utilized, the student is given bio-social-feedback and psycho-education around alcohol and/or other drug use and abuse. Many times the E-Toke or E-Chug assessments mentioned above are used to help facilitate a discussion around the importance of and confidence in making changes around substance use. Journaling and self-monitoring can also be used. During 2014-2015, WADE staff conducted 133 meetings with students and during 2015-2016, conducted 105 meetings with students.

- 3) IMPACT: This one hour workshop is designed for low level alcohol offenders and goes over the impact alcohol has on our bodies, our relationships, our community, and our future. The interactive and highly reflective course teaches the basics about alcohol but also allows students to pause and think about their actions and the consequences of those actions on self and others. In 2014-2015, there were 81 students who attended over 12 classes offered. In 2015-2016, there were 93 students who attended over 11 classes offered.
- 4) Community Living: This one hour workshop is designed for students who are found responsible for hosting an off campus party with alcohol. Through discussion and scenarios, options for responsible community living are discussed including hosting tips, policies, and laws. In 2014-2015, 77 students attended over 10 courses. In 2015-2016, 60 students attended over 7 courses.

Students in Recovery: This group is at risk due to the possibility of relapse when transitioning to a new environment. For those students who are in recovery, there are a variety of options for support at SJU.

- 1) Bi-Monthly E-Newsletter: If students sign up for this newsletter, they will receive information on local 12 step meetings, substance free events and recovery events on campus and in the community and inspirational readings. This began in fall 2014 and by spring 2016, there are 110 people signed up to receive this email.
- 2) Addiction Speak Outs: The Peer Educators and the Flock collaborate to host Addiction Speak Outs twice a year (once per semester.) In 2014-2015, there were 2 Speak Outs with 60 students in attendance total. In 2015-2016, there were 2 Speak Outs with 70 students in attendance total. These events help to raise awareness of Addiction and Recovery and often bring new members to join these groups.
- 3) Website: The WADE website (www.sju.edu/wade) has information on the recovery community under the Resources for Students in Recovery including links to local AA and NA meetings and other support networks. In fall 2015, WADE focused on outreaching to other departments and connecting their work to

recovery efforts. A connection to Career Development Center, relating to jobs and resume writing specific to this population, and Center for International Programs, regarding students in recovery studying abroad, was added to the website. In 2016, more information for veteran students in recovery was added.

- 4) Transforming Youth Recovery Grant: In spring 2014, SJU was awarded a \$10,000 grant to work with students in recovery from addiction over three years. Programs and services related to the work sponsored by this grant began in fall 2014. Those included:
 - a. Creation of The Flock: This student organization was created to offer a peer supportive place for all allies of recovery. The group began with just a few members in fall 2014 and hosted a few meetings and socials to gain support. Over the next year, the group grew with 5 students in recovery and 5 additional allies in the group. An Executive Board was created with 2 Co-Presidents, students in recovery, and 2 outreach coordinators who were allies of recovery. In spring 2015, after numerous students graduated and others left campus to focus on their recovery, the group dwindled to just a few members. The focus is to continue to promote the group and gain more members.
 - b. Flock Office Space: As of spring 2015, Campion 215A is the Flock Office Space. This small space is used by members to gather socially and make supportive connections in a quiet place. Having a gathering space was and continues to be, a priority of the group.
 - c. New AA Meeting: The members of the Flock felt a meeting was needed on Friday nights on campus. In Fall 2014, they Flock created and built a following to a closed AA meeting on Friday nights at 8pm. This meeting has become extremely popular in the area for young people, with roughly 50-60 college-aged students attending each week.
 - d. Social Events: The Flock group has planned numerous social events including dinners, bowling and Phillies games. These events are meant to bring allies of recovery together to form connections and have fun without alcohol or drugs.
 - e. Awareness Events: A staple awareness event the Flock group developed in fall 2015 is Drugs Over Dinner. Based on the drugsoverdinner.org website, the event begins with watching a brief video about addiction/recovery and then continues with a discussion over dinner about the topic. This event was hosted numerous times in the residence halls during 2015-2016 and is now a workshop available upon request available through the WADE website.

Campus Wide: Almost every student on campus will come in contact with alcohol at some point and will need to make the decision whether or not to drink. Everyone needs to be educated about the impacts of alcohol and other drugs and learn how to make responsible choices. WADE uses a variety of platforms to reach all students where they live, work and socialize. All of the resources listed for specific individuals and/or groups are also open to the entire campus.

1. Informational Tables and Balloon Drop Initiatives: WADE provides information through tabling in Campion and other high traffic areas. WADE also creates educational information which are tied to balloons and left in the cafeteria to raise awareness. A variety of topics that impact students can be utilized during these passive programs.
2. Website: The WADE website (www.sju.edu/wade) is consistently updated to provide information on alcohol and drug issues and resources in the area. The anonymous question page showcases the honest questions of the community.
3. Awareness Weeks and Days: WADE follows a yearly calendar with awareness weeks to focus the programming and education around the topics that interest students at specific times. Each awareness week or awareness day has some outreach event and education surrounding the issues at hand.
 - a. Wellness Week: September (2014-2016)
 - b. National Collegiate Alcohol Awareness Week: October (2014-2016)
 - c. Drug Awareness Week: November (2014-2016)
 - d. Love Your Body/Be You, BeYOUtiful Week: February (2014-2016)
 - e. iCARE Week: February – March (2014-2016)
 - f. Addiction Awareness Week/Recovery Awareness Week: April (2014-2016)
4. Social Media: WADE no longer monitors their Facebook page as student interaction declined on this site. Instead, WADE focused on Twitter with a WADE account. These accounts are used to recruit for the student groups, advertise events, and share educational information with students. The WADE Twitter account was created on June 30, 2014, and currently has 413 followers and are following 624 people. We often engage in conversation with students around wellness issues as evidence by our 2,717 tweets (as of 6/27/16). The Peer Educators and the Flock student groups also have their own Twitter accounts.

III. STAKEHOLDERS

Certain stakeholders within the University can easily help spread the message of responsibility to the entire student body. Peer Educators, Parents and Faculty are three groups that WADE partners with to reach the students of SJU.

Peer Educators: The most influential people in the lives of college students are their peers. Therefore, we focus on the Peer Education program as a grassroots effort to get

the message of responsible decision making out to the entire student body. These students are aware of, and trained in, the resources around them and can help their peers when in a precarious situation as well as teach others the information during workshops, events, programs and through simple conversations. This group has been in existence off and on since 2007 and has been steadily growing for the last few years.

In 2014-2015, the group began with 20 students and ended the year with 14 students. During the 2014-2015 academic year, WADE Peer Educators focused on re-branding of the group, marketing, and recruitment.

- With the new logo, new mission and focus on holistic health, the team was able to create new events and partnerships this year.
- The Peer Educators collaborated with community partners including Minding Your Mind, Inc for two events, Active Minds and Enactus during iCARE Week, as well as The Flock during Addiction Awareness Week.
- SJU won the #LeadtheBreak contest for the second year in a row; Peer Educators will receive \$250 as the 2nd runner up in this contest.

In 2015-2016, the group started with 10 students and ended with 9 students. During the 2015-2016 academic year, WADE Peer Educators focused on evaluation and collaboration.

- The group evaluated the campus climate around wellness issues through a survey to determine what dimensions of wellness were most needed to discuss through peer education programming.
- The team evaluated the 4 current workshops and updated all of them except one.
- The team collaborated with both Active Minds and the Flock during spring training which focuses on building relationships and collaborative opportunities. The team also collaborated with Active Minds on Mental Health Awareness Week and developed a new workshop called Stopping the Stigma of Mental Health Issues. They also collaborated with the Flock on the Addiction Speak Outs.
- Every peer participated in a 360 Leadership Evaluation in the spring which included feedback from their advisor, their peers and themselves. Each peer met with their advisor to discuss the feedback and plan goals for the upcoming year focused on their own leadership challenges.

Each year, the Peer Educators are educated on a variety of topics.

- 1) Fall and Spring Training: Peer Educators are trained early in the fall and spring semester on topics relating to alcohol, other drugs and wellness. By learning this information, peer educators are not only able to make more informed decisions for themselves but are also able to educate others around them.
- 2) Peer Institute: In spring 2015, four students attended this Peer Institute hosted at Rider University. This three day conference focused on leadership development and education on best practices to effectively change high risk behavior on campus.

- 3) Events and Programs: The Peer Educators create their own events, programs, tables and awareness campaigns to reach the student body at SJU. Since they are created by the students, for the students, the interest and attendance is usually high. In 2014-2015, students facilitated 28 events throughout the year. They hosted 12 workshops, 10 tables and 6 large-scale events. In 2015-2016, the group hosted 5 workshops, 6 tables and 2 large-scale events.

Parents: Students often call their parents first in times of trouble. Parents know their students much better than our office does therefore providing them with education and information on resources is one way to reach the student body.

- 1) Website: WADE includes information on the website (www.sju.edu/wade) for parents such as how to talk to your student, signs of abuse/addiction and resources when concerned.
- 2) Orientation Presentation: The Assistant Vice President for Student Development presents to parents during freshman Orientation with statistics about alcohol and drug use and information on how to communicate with their student about these issues.
- 3) Orientation Resource Fair: Student Outreach and Support/WADE has a table at the Parent Resource Fair during Freshman Orientation to allow parents to take information and ask questions. WADE has offered a variety of informational items including the Pennsylvania Liquor Control Board's Guide for Parents: Conversations about Alcohol brochure and the self-created Parent's Guide. (<https://sites.sju.edu/wade/files/2016/07/Guide-for-Parents-Alcohol.pdf>)

Faculty: The faculty members at SJU interact with students often and can pick up on the signs of alcohol or drug related issues. It is important for the WADE program to guide these faculty members on how to discuss these issues with students as well as providing information on the resources in the area to direct a student if needed. Also, connecting the social life and the academic life of students can help them to realize a more balanced and productive lifestyle. Therefore, collaborating with faculty on projects and presentations is critically important.

- 1) Guest Lecture: Each semester, certain professors have asked WADE to come into their classroom as a guest lecturer and teach one or more classes about alcohol and other drugs. These classes are a mix of all types of students and are usually classes based around wellness topics. WADE visited only 2 classes over the last two years. The goal is to re-promote this opportunity and see an increase in requests.
- 2) Class Projects: WADE actively seeks out collaborative opportunities with faculty and in Fall 2016, worked with Dr. Feng Shen of Marketing Research. The class

project consisted of groups conducting research on fake ID use and underage drinking behavior to determine the profile of someone who would purchase a fake ID then come up with a PSA campaign that would target that profile.

Alternative Programming

Late Night & Weekends

Under the Student Leadership and Activities office the Student Union Board (SUB) has a sub-committee dedicated to weekend nighttime programming. Each weekend, there is either an on-campus entertainment event or an off-campus trip, such as a shuttle to the King of Prussia Mall, the Manayunk Movie Theater or First Friday in Center City Philadelphia.

SUB provides a variety of campus activities including comedians, spoken word artists, trips to New York City, Washington and Baltimore throughout the year. SUB continues to end the school year with Hawk-A-Palooza, a six to eight hour event including free food, inflatables, Battle of the Bands and other featured entertainment. Approximately 600-800 students will cycle through this event. In 2014-2015, SUB provided 72 events. and in 2015-2016, SUB provided 68 events.

The O’Pake Recreation Center is open on Friday and Saturday nights until 12am. Students have full access to basketball courts and the gym. During the week, the O’Pake Recreation Center is open until 10:00 pm. The Perch, a student hang-out space offers a 24/7 hour space for alcohol-free programming , video games, pool, ping -pong and large screen tv’s. In addition, there are over 75 clubs and organizations that sponsor campus activities throughout the year.

Annual Events

SJUs Annual Spring Concert has, for the past two years, been held on a weeknight in April. In 2015, there were 1,828 tickets sold and in 2016 there were 992 tickets sold. Our Sober Friend program continued to walk fellow students home safely if they are found intoxicated but not needing medical attention. Typically about 20 Sober Friends participate and walk anywhere from 5-15 people home.

The Black and White Ball is a formal dinner and dance open to all students and attendance has remained consistent over the last four years. In 2015, there were 240 students in attendance and in 2016, there were 221 students.

Greek Week, held every spring, is an alcohol-free week of educational activities, philanthropic endeavors and team-building events.

Environmental Approaches Off-Campus

The University works closely with Philadelphia Police, Lower Merion Police and the Pennsylvania State Police Liquor Control & Enforcement Unit regarding nuisance bars and houses.

The position of Assistant Director for Off Campus and Commuter Student Life was formed in the Office of Community Standards in 2011 and worked directly with off-campus students to foster positive community relations and respond to community complaints concerning University students. In spring 2014, this position was re-classified as Assistant Director for Community Standards and Off Campus Student Life. In 2014-2015, after that staff member left the position, a new Assistant Director for Community Standards position was created, eliminating the off campus role from that position.

In 2015-2016, an Off Campus Committee was created and chaired by the Vice President for Student Life/Associate Provost to address any unmet needs. A new webpage and Twitter account was created to begin addressing the off campus behavior of students as it related to anything, including party behaviors. Additionally, community service was added as a sanction for students who hosted a party off campus.

In 2015, WADE was awarded a Community Coalition grant from the Pennsylvania Liquor Control Board for around \$17,912 to address off campus behaviors particularly in Manayunk. This grant is for a two-year term, 2015-2017, and has 3 main components. First, SJU will hire additional police details to patrol in Manayunk on high-risk weekends. Saint Patrick's Day weekend in 2016 was the first hiring of this kind and it led to 12 interactions and 2 citations from police. Two of these interactions were with SJU students while the others were students at other local institutions. The second part of the grant activities requires SJU to continue to build the Coalition of local colleges and Manayunk constituents including bar owners, neighbors, police and officials. Lastly, SJU will create a public service announcement and campaign about fake ID use and promote it on our campus, on the other local college campuses and in Manayunk in the hopes of deterring under-age students from attempting to drink at bars.

Support Services

A variety of support services are available for University employees and students with substance abuse problems, including the following: the Human Resources Department, the Employee Assistance Program, the Student Health Center, the Office of Campus Ministry, Counseling and Psychological Services, Student Outreach and Support including the Wellness, Alcohol and Drug Education (WADE) Program.

Employee Support Services

Employees can utilize the SJU Office of Counseling and Psychological Services (CAPS) for the purposes of consultation and referral. The CAPS staff, made up of licensed psychologists, including a substance abuse specialist, has information about a wide variety of resources and services available in the surrounding area. Consultation and referral service is free of charge. Employees can also utilize Student Outreach and Support and Campus Ministry on a consultative and referral basis.

The University's Office of Human Resources, through its Employee Assistance Program, offers assistance and referrals to employees with substance use disorder issues whenever possible. In conjunction with, or as an alternative to disciplinary action, the Office of Human Resources may offer or mandate referrals to the Employee Assistance Program (EAP) provided through The Standard, the University's Life, Accidental Death and Dismemberment, and Disability insurance provider since August 2014. The change in provider from UNUM to The Standard gave us the ability to continue our level of ancillary benefits to all employees, without change. Our EAP also assists employees in finding solutions to many topics under the following headings: Emotional Wellbeing, Family Life, Healthy Living, Leadership Skills, and Legal & Financial. They can be reached online at www.eapbda.com (contact the Office of Human Resources for login information).

Student Support Services

The University makes available to all full-time students a counseling office staffed by professionally trained personnel. The Office of Counseling & Psychological Services (CAPS) consists of a staff of licensed Psychologists as well as a part time Psychiatrist and a Psychologist/Substance Abuse Specialist. The University strongly urges its student to take advantage of these services.

Students are invited to discuss their concerns with substance use with staff members of Student Outreach and Support including the Wellness, Alcohol and Drug Education (WADE) Program. Staff members can conduct brief assessments and can refer to additional resources as needed. Additionally, staff members in Campus Ministry are

available to listen and talk with students about spiritual questions and the concerns of life as a college student.

Assessment and Evaluation

Program evaluations and/or pre-post tests have taken place throughout the year after almost every workshop or program hosted by Student Outreach and Support and the Wellness, Alcohol and Drug Education (WADE) Program. These results can be obtained by emailing wade@sju.edu.

The Advisory Council on Alcohol, Drugs and Student Health evaluates the University-wide prevention efforts and assists the Vice President for Student Life/ Associate Provost by making recommendations concerning assessment, among other things. After gathering all data from across the University to create a High Risk Trends document during 2012-2014, the Council developed a plan to showcase the results found in the form of an inaugural Alcohol Summit.

In Spring 2016, the Advisory Council on Alcohol, Drugs and Student Health presented this information to SJU community members at an event called The Alcohol Summit. All campus community members were invited to attend the Summit, held on March 1, 2016. SJU President, Dr. Mark Reed, opened this event and all faculty/staff and students were invited to participate; 135 attended. Four separate follow-up “Dig Deeper” sessions were held to continue to gather feedback on the statistics shared with the community. Video-recordings of the event as well as all power point slides and compiled information can be found at the Alcohol Summit webpage: (<https://sites.sju.edu/wade/annual-awareness-week/alcohol-summit/>)

Goals & Achievements

The Transformative Learning Goals (TLG's), below, were developed in 2010 by a division-wide committee and continue to remain important guidelines for reaching students across the division. The WADE Program creates its own goals with these TLGs in mind. The TLGs are:

1. Develop faith and spiritual awareness
2. Appreciate diversity
3. Realize a satisfying and productive lifestyle
4. Practice servant leadership focused on social justice

5. Discern personal, educational and professional goals

The Advisory Council on Alcohol, Drugs and Student Health set forth recommendations for the University in June 2014 which are listed below, along with updates on achievement over the last two years:

1. Continue to track alcohol data yearly to inform educational efforts by utilizing the newly created High Risk Trends document which captures questions from ten separate surveys already utilized on campus regarding alcohol use. As part of this effort, work to increase all survey response rates each year and engage faculty members to help analyze the data collected each year.
 - a. This High Risk Trends document has been updated each of the last two years. After mining data from across campus, the Council recognizes a need to collect more data on upperclassmen. With help from a devoted faculty member, a survey was created and implemented in spring 2016 and will continue to take place on campus.
 - b. Response rates for the University-wide surveys continue to improve.
2. The insights about the state of alcohol issues at SJU discovered through analyzing the High Risk Trends data should be developed into a strong marketing campaign by December 2014 to be shared with key constituents across campus, including faculty, and senior administrators during spring 2015 and through the 2015-2016 academic year to work towards institutional support for alcohol abuse prevention.
 - a. The inaugural Alcohol Summit event took place to broadcast some of the big picture points discovered through this data mining. All information is available online and the Council will continue to promote this information, seek dialogue with constituents, and work towards institutional support.
3. Continue to collect student off-campus addresses to track student housing trends. This will enable us to address alcohol issues within student neighborhoods through proactive and educational measures as well as providing support for students such as alerts following incidents in those neighborhoods.
 - a. The off-campus address collection has continued and improved over the last two years. In the 2015-2016 academic year, approximately 90% of those required to submit their addresses through the Educational Housing District Law did so.
4. SJU will take leadership in building partnerships between the four institutions invested in student living and behavior in Manayunk (Temple University, LaSalle University, Philadelphia University & SJU) beginning in summer 2014 to assess off campus outreach efforts, determine best practices and take action within the 5th district/Manayunk.

- a. SJU has been awarded a 2-year Community Coalition grant of \$18,000 to address off-campus behavior in Manayunk. SJU is the chair of the Coalition running these activities.
5. Increase Public Safety communications with the Police Department of the 5th District on a continual basis to gain a deeper understanding of student alcohol-related incidents thereby increasing SJU's ability to address specific student behaviors.
 - a. Relationships and communication with the 5th District Police Department continues to grow. Officers sit on our Coalition and attend all meetings and are supportive of our efforts.
6. Increase communication and engagement with bar and restaurant owners in the 5th District to collaborate on alcohol abuse prevention efforts through offering TIPS Trainings and organizing Fake ID Trainings.
 - a. SJU offered one TIPS Training in Manayunk in 2015 but has not been able to host any more after that due to a lack of interest from bar owners/managers.

Summary of Strengths and Weaknesses

Program strengths include:

1. The University's Advisory Council on Alcohol, Drugs, and Student Health is data-driven and focused on collecting more assessment to continue to make recommendations to the University.
2. The WADE Program conducts evidence-based practices through the personalized normative feedback sessions created for small groups including Athletes and Greek Life students. Since 2013, both groups of students have shown a decrease in high risk behavior associated with alcohol. These workshops use best practices to educate and inform students and continue to collect data on student behavior.
3. SJU has strong written alcohol policies.
4. The WADE Program engages in strong collaboration with experts in other areas within Student Life, outside of the division, and off campus in the community. Partnerships have been developed over time and continue to help the program reach their goals.
5. The WADE Program was awarded two grants over the last two years to improve and enhance the work of the department. The office continues to search for cost-effective ways to bring evidence-based practices to SJU.
6. Support for students in recovery, often a marginalized group, is growing on campus with a student organization, The Flock, and a variety of social events and awareness events that support students.

Program weaknesses include:

1. There is a need for greater institutionalized commitment from all University community members around alcohol and drug prevention issues.
 - a. There is minimal faculty involvement with alcohol and drug prevention efforts both inside and outside the classroom.

- b. Expanding alcohol and drug prevention and intervention efforts is difficult due to current levels of staffing and minimal sustainable funding with in the Wellness, Alcohol & Drug Education Program.
- c. There is a need for greater focus on the integration of student mental health and substance use issues.
- d. Unaffiliated students are a high risk group for substance use issues, however there is currently no method to target educational efforts toward this high risk group.
- e. Although research efforts continue, collecting data on the substance use of upper class students remains limited.

Recommendations

The following recommendations have been created through the work of the Advisory Council on Alcohol, Drugs and Student Health. The goal is to build an institutionalized commitment to address SJU's alcohol culture through the following:

1. Share a strong message from SJU's new President that high risk alcohol use negatively impacts academics as well as the health of the student body and is not acceptable at SJU.
2. Include student health and wellness as a key priority in the new University strategic plan.
3. Review possibilities of adjustments to academic calendar and scheduling, including Friday class offerings/Friday testing, dates of spring break, move-in, graduation, etc. that would showcase the importance of academics over drinking.
4. Require high risk populations, including all "undecided" students and all HSB students, to attend a targeted alcohol education program or a service learning class since volunteering is a predictor of academic success.
5. Require and maintain steady membership on the Advisory Council by influential members of our campus community with a special focus on HSB and CAS faculty and high level administration.
6. Strengthen a University-wide system for assessment, currently Campus Labs ®, as an institutional imperative so that SJU can gather and discern a well-rounded view of the research regarding student's attitudes and behaviors.

Conclusion

Saint Joseph's University, in compliance with the Drug Free Schools and Campuses Regulations, certifies that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees both on the University premises and as part of any of its activities. Disciplinary sanctions as a result of violations to the Saint Joseph's University Drug and Alcohol policy have been consistently enforced. Saint Joseph's University has implemented a comprehensive substance abuse prevention and intervention program including a wide range of support services and educational opportunities for students and employees. The University will continue to improve and enhance its outreach to the campus community around alcohol and other drug issues to increase knowledge and

awareness of substance abuse issues and reduce the harm related to the negative secondary effects.