



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

Saint Joseph's University

Biennial Review

June 2016 – June 2018

Drug Free Schools and Campuses Act
Biennial Program Review 2016-2018

The Biennial Review is required by the Drug Free Schools and Campuses 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.

Saint Joseph's 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.

This Biennial Review includes the following:

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This review covers the period from June 1, 2016 through May 31, 2018.

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. Below is the link to the 2017-2018 Student Handbook: https://sites.sju.edu/communitystandards/files/2018/04/2017-2018_STUDENT-HANDBOOK-v1.pdf

Alcohol Policy

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 education and programming as well as annual Alcohol Awareness events, and assists 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 concerning policy.

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://sites.sju.edu/adminservices/office-special-events/>

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.

**A review of the guidelines for alcohol beverage distribution and consumption began in spring 2018 as the campus catering provider, Aramark, obtained a liquor license. Given this change, various constituents are involved in the review process, including the Advisory Council on Alcohol, Drugs and Student Health. The guidelines for events with alcohol will be updated in the next review period.*

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

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 annual Alcohol and Drug Awareness events, and assists 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 concerning policy.

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 Saint Joseph's University Alcohol Policy and Drug Policy, can be found online on the Human Resources website 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 the University policy on drugs are included in the *Faculty Handbook* and the *Staff & Administrator Handbook* which are available to faculty and staff on their employee portal, The Nest. New employees no longer receive a paper copy of the policy. That change occurred in March 2016 so that now all handbooks are available online. All new faculty/staff review the policy in person during their orientation and are shown where the policies are located online should they want to review in more detail. All Faculty/staff are annually notified of the policy via an e-mail with a link to the policy online. This comes out each fall semester. As a result of a recent change in staff members in the Office of Human Resources, documentation of the email notification of the policies to all employees was not retained for this review period.

The University policy on alcohol and the University policy on drugs are included in the Student Handbook and all students are e-mailed a link to the website to view the Student Handbook at the beginning of every fall and spring semester by Bill Bordak, Director of Community Standards.

All handbooks are available online in numerous locations; a link to the Faculty/Staff policy is posted on the Human Resources website and on The Nest, the university portal used to access university e-mail accounts and other pertinent information. A link to the Student policy is posted on the Community Standards website in the Student Handbook.

Policy, Enforcement and Sanctioning

All professional and para-professional staff members involved in policy enforcement and sanctioning are trained to ensure the policy and disciplinary sanctions are enforced consistently.

- 1) **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 was reviewed by the Advisory Council on Alcohol, Drugs, and Student Health during the 2016-2017 Academic Year. New Guidelines to Events with Alcohol were also drafted and reviewed. Recommendations for a final policy will be provided to the Vice President of Student Life/Associate Provost in the next Biennial Review term.

- 2) **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.

- 3) **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.

Violations of Policy	Ay 2016-2017 (June 1, 2016- May 31, 2017)	AY 2017-2018 (June 1, 2017- May 31, 2018)
On Campus Alcohol Violations	239	238
On Campus Drug Violations	23	39
On Campus Drug and Alcohol-Related Fatalities	0	0
Total (On Campus, Off Campus, Public Property) Alcohol Violations	312	310
Total (On Campus, Off Campus, Public Property) Drug Violations	24	39

Evaluation of Program

The following documentation includes the educational curriculum used at Saint Joseph's University during the 2016-2018 terms and showcases the effectiveness of each component. This curriculum includes targeted and environmental approaches, alternative programming and support services. Goals and accomplishments are shared along with the compiled strengths and weaknesses of SJU's efforts and recommendations for the future. This review itself has helped our community evaluate the efforts of the program.

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 related to alcohol and other drugs (AOD).

- *The Office of Student Outreach & Support* including the Wellness, Alcohol, and Drug Education (WADE) Program provides educational events and programs for the campus community. Additionally, the department provides individual assessments utilizing Brief Alcohol Screening and Intervention of College Students (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 WADE Program advises 2 student organizations and a coalition of student organizations as well. The Wellness Educators are student leaders trained to deliver alcohol and drug educational workshops and plan events for their peers. The Flock: Allies of Recovery includes those in recovery or those impacted by substance use disorder of a loved one. Similar to the Wellness Educators, they raise awareness on campus through outreach and events and the WADE Program also helps to plan social events for the group. Developed in Spring 2017, the Health and Wellness Coalition (HAWC) includes these two groups as well as other smaller student organizations that share a similar health and wellness based mission. Significant collaborations among them and 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, overdose and substance use disorder. 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 student leaders to facilitate 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. They have many staff psychologists and one with a substance abuse focus.
- *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 and attend additional events or classes in order to gain education around AOD topics.
- *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.
- *Student Inclusion and Diversity* collaborates with other departments to plan and implement awareness and educational events for the student body. Additionally; staff members have joined programming committees and collaborated on bringing AOD education to the campus community.
- *Faculty Members* at SJU are often great collaborators bringing AOD education to students in the classroom. This happens through inviting AOD experts to speak to the class, collaborating on class projects focused on AOD information and promoting campus wide events to students.
- *Career Development Center* staff, in conjunction with WADE staff, has helped to facilitate workshops for students focused on the impact of AOD on their careers. 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 other issues or trends. This Advisory Council is made up of roughly 25 faculty, staff and student members that cross divisions and disciplines.

Targeted Approaches

The Wellness, Alcohol & Drug Education (WADE) Program has an educational curriculum to ensure all students are learning in developmentally appropriate ways and in a timely fashion. While numerous methods for prevention education are implemented each year for the entire campus, there is also specific prevention techniques tailored to meet the needs of students based on class standing or their group affiliation. Various stakeholders are also utilized in collaborative ways to best reach all students at Saint Joseph’s University.

I. CLASS STANDING

Each class is given a series of opportunities to learn about alcohol and other drugs (AOD) 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 or the resources for support that are available. In order to address 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. Critical to this group, the presentation also includes social norms clarification and space to reflect and think critically about their own choices around AOD use. 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 measures level of personal reflection as well as attitudes and knowledge of AOD issues.

Summer of 2018 (Class of 2022)	Strongly Agree	Agree	Disagree	Strongly Disagree
During this session, I reflected on my own choices in regards to my social life including the choice to use or not use alcohol or other drugs	26%	67%	6%	1%
At SJU, choosing not to drink alcohol or do drugs is totally acceptable and quite common	67%	30%	2%	1%

Summer of 2017 (Class of 2021)	Strongly Agree	Agree	Disagree	Strongly Disagree
At SJU, choosing not to drink alcohol or do drugs is totally acceptable and quite common	44%	51%	4%	1%

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 2021	August 2017	December 2017	February 2018
	Completion Rate: 97% (1073)	Completion Rate: 75% (1030)	Completion Rate: 42%* (1071)

Class of 2020	August 2016	December 2016	April 2017
	Completion Rate: 96% (1310)	Completion Rate: 86% (1275)	Completion Rate: 76% (1059)

* The 2017-2018 response rates for Part 3 are the lowest response rate it has ever been in the past 5 years of working with the Think About It system. The lower rates of completion for the fall semester might be due to the additional Prescription Drug Course that was sent out in the fall semester to all undergraduate students, including freshmen. The even lower rates found in February could also be due to timing. In years before it was sent out in April. The plan was to move it earlier so the educational content was received before spring break but the much lower response rate made this not as valuable.

- 3) 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 substance use disorder, 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.
- 4) International Students: New to campus yet not necessarily freshmen, international students have an additional barrier to understanding the resources for support available on campus. In 2016-2017 and again in 2017-2018, WADE presented on “Wellness, Alcohol & Drugs in America” during International Orientation reaching 157 students.

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 370 students during 5 in-person presentations in 2016-2017. In the summer of 2017, the Center for International Programs changed their format and invited WADE staff to record short segments of education on video. These clips are put together in a longer educational video for all students to watch prior to leaving to study abroad. In 2017-2018, the video was shown to 352 students.
- 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 requested by students groups, typically RAs. This was only presented once during this two year span in April, 2017 to 23 students. The altered title for that event was *Brews and Bosses*.
- 3) Continuing Students Online Course: In fall 2017, WADE sent to all undergraduates at SJU a Think About It online refresher course which covered bystander intervention and sexual misconduct. This course was highly encouraged yet not required and the response rate was low at 7.3%. This was the first time SJU offered this course to upperclassmen and the timing was not ideal since it was given around the same time as the prescription drug course which also went to all students.

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 group think mentality and party atmosphere and possibility of hazing.

- 1) iCARE about Greek Life: During each 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. New in fall

2017, each chapter President was given a packet of alcohol use data from their chapter and comparing to all of Greek Life at SJU. This was paired with reflection questions on goal setting and planning for the upcoming year.

Greek Life	Spring 2017	Spring 2018
Total Attendance at in-person Session	775 (75%)	747 (68%)*
Total Completion of Online Survey	N/A	881 (80%)

*While a new Greek Life organization was added in 2017-2018, that same chapter became unrecognized after one semester so while 9 chapters participated in the survey, only 8 chapters participated in the in-person 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 disorder. The average AUDIT score for all students in Greek Life was tallied and found the score to decrease each year. This showcases a decrease in risky drinking among Greek Life members over a 4 year span.

AUDIT SCORE	Spring 2014	Spring 2016	Spring 2018
<i>All Greek Average</i>	10.42	9.56	9.2

Varsity 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) 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.

Student-Athletes	Fall 2016	Fall 2017
Total Attendance at in-person Session	473 (91%)	432 (88%)
Total Completion of Online Survey	452 (87%)	N/A

- 2) 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 2016-2017, there were 60 tests and 3% failed. In 2017-2018, there were 16 tests and 0 failed.

*In the three years prior to this, there were 233, 213 and 271 drug tests conducted on campus. The athletics department reports that financial concerns are the only reason the drug tests were not given as often in the last two years.

Rules and sanctions related to drug testing policy (in addition to the NCAA drug testing policy) can be found online on the [Athletic Department Compliance](http://www.sjuhawks.com/ViewArticle.dbml?DB_OEM_ID=31200&ATCLID=208885201) webpage. (http://www.sjuhawks.com/ViewArticle.dbml?DB_OEM_ID=31200&ATCLID=208885201)

- 3) Chris Herren: National speaker Chris Herren was brought in to speak to all varsity athletes about his experiences with substances and his sober life in recovery. Athletics also personally invited members of the Flock. Chris Herren came to campus in Fall 2016 and Spring 2017.

Club Athletes: Club athletes have many of the same stressors as varsity athletes and have to balance classes, practice, tournaments and travel all without full-time coaches supervising their group activities. Often, club athletes have added pressures of booking their own tournaments and buses and figuring out their own game schedules. In review over the past few years of students seen by the WADE program for required meetings, club athletes are the second most often seen affiliated group, under Greek Life.

- 1) Bystander Intervention: In Fall 2016, a WADE presentation on bystander intervention was presented to the club athlete captains, 36 students, to enhance their leadership skills.
- 2) Prescription Drug Course: New in Fall 2017, SJU became part of a beta group testing an online prescription drug course offered by EverFi, Inc. This course was given to all undergraduates at SJU with requirements from athletics and club sports. A total of 184 club athletes took the online course (25%). In this course, it was found that club athletes had the highest rates of belief that prescription drug abuse was a problem at SJU and wanting to learn more about prescription drug misuse
- 3) iCARE About Club Athletes: Due to the results of the online prescription drug course, Campus Recreation required every club sport team to attend a WADE presentation that focused on signs of a problem with alcohol or drugs, bystander intervention and resources while utilizing social norms clarification and group

motivational enhancement techniques. WADE hosted 4 of these sessions for 181 club sports members which is 24% of all club athletes.

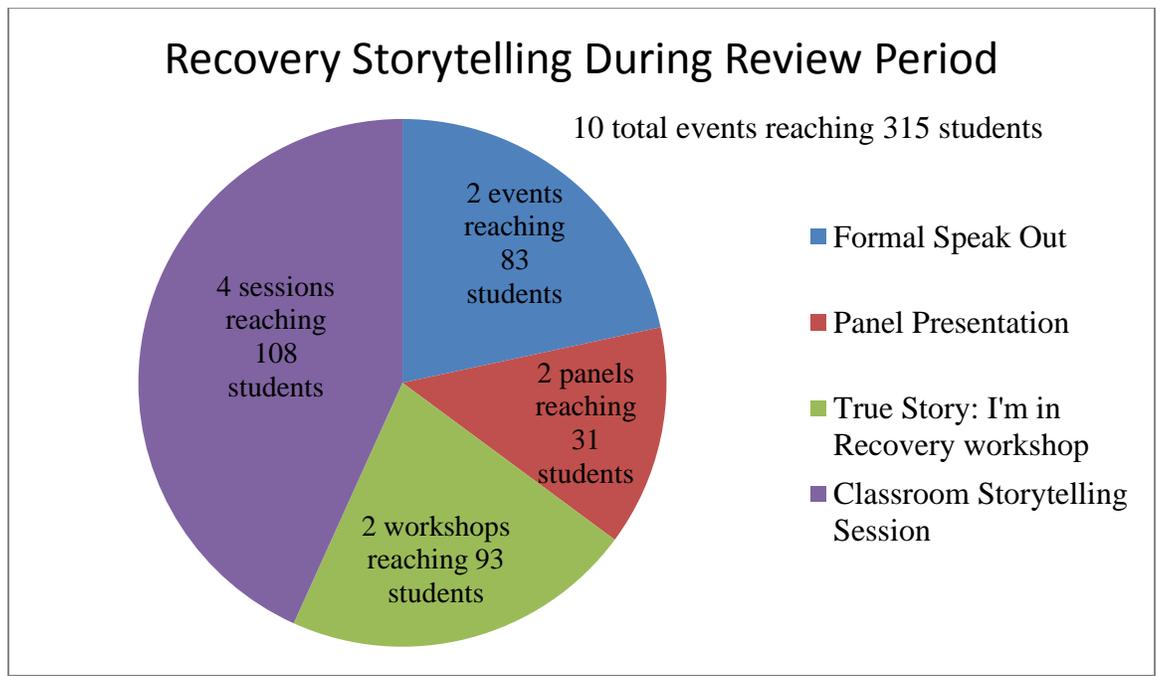
Sanctioned Students: Students who are sanctioned to participate in a WADE program through the Community Standards process have been identified as needing extra education around the topic of alcohol and/or other drugs as a result of a violation or potential violation of University Policy. WADE offers 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.

Individual Number of Participants	Impact Class	Community Living Class	Influence Class	1:1 BASICS Meeting
2016-2017	53	54	n/a	91
2017-2018	61	67	16	83

- 1) 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.
- 2) 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.
- 3) 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.
- 4) Influence: This one hour course was created in 2016-2017 and began being offered in 2017-2018. Participants in this course will learn about the legal, health, and safety related risks associated with marijuana use and the influence that peers/community can have on decisions around marijuana use. Law and policy will be reviewed and the warning signs of a problem and resources for support will be discussed.

Students in Recovery: This group is at a higher risk on campus due to the recovery-hostile environment that makes up most college campuses. Due to the possibility of relapse when transitioning to a new environment with a culture of alcohol and drug use, this group of students is given additional support.

- 1) Transforming Youth Recovery Grant: In spring 2014, SJU was awarded a \$10,000 grant to work with students in recovery from substance use disorder. With funding left to begin 2016-2017 academic years, a continued focus on recovery events took place.
- 2) 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. By the beginning of this review period, Fall 2016, there were 102 subscribers and by the end of this review period, Summer 2018, there were 208 subscribers to this email newsletter.
- 3) Personal Story-Telling of Recovery: The Wellness Educators and the Flock student groups collaborate to host Speak Outs on campus while members of the Flock who are in recovery share their personal story in classrooms or to student groups as a way to raise awareness. These events help to raise awareness of recovery and often bring new members to join these groups.



- 4) 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 the last two years, additional information has been added included an Allies of Recovery tab and ways to support someone in recovery.
- 5) Pro A Training: This 8 hour training on leadership and communication took place in Fall 2017 with 6 students in recovery attending. This free training was offered by Pro-A: Pennsylvania's Recovery Organizations Alliance and certifies those attending.
 - 6) SMART Recovery: A new recovery meeting, SMART Recovery, started on campus in Spring 2018 and is offered by a current graduate student who is trained by SMART Recovery. The meeting is small but growing and will continue into the next academic year.
 - 7) ARHE Membership: SJU became an institutional member of the Association of Recovery schools in Higher Education in December 2016. To become a member, a school must offer certain resources for students in recovery and pay a membership fee. In 2017, SJU renewed the membership which provides a discount on the annual national conference, free webinars and a website full of resources.
 - 8) Alumni Connection: Two events with Tim Maguire, Class of '93, took place in 2016-2017. He spoke to just the Flock students and some administrators in December 2016 in the Hall of Fame room. There were 28 people in attendance and he made connections with our students in recovery. He spoke again to the entire campus for a FireSide Chat in February 2017. With 24 students in attendance, Tim Maguire spoke of his struggles with substances in college, his recovery and his success and leadership in the insurance industry in our region.
 - 9) Villanova Connection: Since both of our Universities are near each other and both have small but growing recovery groups, we have worked together to build our programs and support our students over the past two years. Live Free Weekend is a collaboration of alcohol-free events on both campuses where we ask students to sign a pledge to live free of substances for the weekend. In Fall 2017, only a few students participated in the kickball game on our campus. Six of our students went to a comedy show for recovery hosted at Villanova, and two of our students spoke at a panel about recovery at Villanova.
 - 10) Yoga for Recovery: Yoga provides coping skills and techniques for students dealing with the high levels of stress often experienced in recovery. In 2016-2017, there were 2 Yoga for Recovery classes that took place through Transformation Yoga Project. This was offered as a free class for students on campus and 11 students attended. In 2017-2018, there were 5 Yoga for Recovery Classes that took place reaching 32 students.

- 11) Recovery Housing: While recovery housing does not exist at SJU, the last two years have been spent researching various options and creating a proposal for recovery housing for the future. WADE hosted a recovery housing focus group with 5 students in recovery to learn from them what they would need during the development of the proposal. In spring 2018, the proposal was approved and the pilot program plans to open in Fall 2019.

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 – one example from Fall 2017 was Black Balloon Day which is a day to raise awareness of overdose deaths in our community.
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. Social Media: WADE has a Twitter account while the student organizations advised through WADE have twitter and Instagram accounts. These accounts are used to recruit for the student groups, advertise events, and share educational information with students.
4. Pop up Park: Starting in 2016, WADE provided an opportunity for students to socialize and hang out on the lawn in nice weather through a pop-up park. In the beginning of the fall semester and on the first few nice weather days in the spring, a DJ is brought to Villiger lawn, blankets and coloring books, cards and balls are put on the lawn and students are invited to play lawn games. This is a way to de-stress and socialize and is open to all. There were 4 pop up parks in 2016-2017 and 2 in 2017-2018.
5. Yoga and Writing Workshop: This workshop was offered for the first time by WADE in spring 2018 as a way for students to take time to reflect and journal about balance, or lack thereof, in their lives. There were 11 students who attended.
6. Allies of Recovery Training: This 2 hour training was developed in 2016 as certification training for individuals who want to better advocate for and support

friends or loved ones in recovery. In 2016-2017, 3 training sessions were held that trained 43 people. In 2017-2018, 9 training sessions were held that trained 95 people.

7. Online Prescription Drug Course: New in Fall 2017, SJU became part of a beta group testing an online prescription drug course offered by EverFi, Inc. This course was sent to all undergraduates at SJU, freshmen to senior, and had a commitment from athletics and club sports to require their students to complete it. Response rate was 1,506 students which is 31% of all undergraduates at SJU.
8. 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. This is what is used as homework during the BASICS 1:1 meeting with students through WADE. This is also the survey used for group motivational interviewing sessions with student-athletes and Greek Life members. While it is used mostly with these 3 groups, it is also available to all students on the WADE website.

III. STAKEHOLDERS

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

Peer Education Groups: 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.

- 1) Wellness Educators: 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. Between 2016 and 2018, the group decided to update their name to the Wellness Educators from peer Educators as they felt it was more obvious as to what they were educating about. They still use the wellness wheel as the visual display on the topics they discuss. Each year, the Wellness Educators are educated on a variety of topics relating to alcohol, other drugs and wellness. By learning this information, they are not only able to make more informed decisions for themselves but are also able to educate others around them. In spring 2017, 7 students went to the Health Symposium at the University of Pennsylvania as an additional training. In 2017-2018, they became part of the newly formed Health and Wellness Coalition and took part in their 2 trainings. The Wellness 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 2016-2017, students facilitated 11 events throughout the year. They hosted 3 workshops, 3 tables and 3 recruitment events and collaborated on 2 large-scale events. In 2017-2018, the group hosted 2 workshops, 3 tables and collaborated on 1 large-scale event.
- 2) The Flock: Allies of Recovery: Not only is this group created as a support for students in recovery, they also educate the campus in a variety of ways. They raise awareness of recovery issues. In 2016-2017, The Flock hosted 4 tables and collaborated on 2 large-scale events in addition to the numerous personal story-telling events listed above. They also support and promote the Yoga for Recovery events and all other recovery events the WADE program sponsors. In 2017-2018, the Flock hosted an open house in their lounge space and attended the newly formed HAWC trainings as well as the above mentioned speak outs, yoga and large scale events in collaboration with others.
 - 3) Health and Wellness Coalition (HAWC): After a few years of the WADE program advising numerous organizations that collaborate and co-sponsor various events, this coalition was formed to help make it easier to collaborate. Any student organization with a health and wellness mission was invited to participate and meet once a month to discuss topics impacted all the groups such as recruitment and marketing while also discussing ways to reach a wider audience through collaboration. The student groups involved are Wellness Educators, The Flock, Active Minds, OneLove, SJloveU, REPP, Psychology Club and Pop up Painters. All groups have one member assigned as the liaison with the group and all members have been invited to two HAWC trainings hosted this past year and together they hosted one How to Survive Finals event during finals week in spring 2018. All groups collaborated together on the Mental Health Speak Out, led by two RAs, which took place in both fall semesters of 2016 and 2017.

Student Leaders: Many students look to the leaders on campus for guidance and support. WADE offers a variety of trainings and education on resources for student leaders so they can continue to support their peers.

- 1) Resident Assistants (RAs): RAs are given tons of information and skills training from a variety of resources on campus. WADE provides education on signs of intoxication, signs of overdose as well as how to help and how to show concern for someone in their role. This is done through a presentation during their RA Training. WADE also participates in the RA resource fair.
- 2) Orientation Leaders (Red Shirts): Red shirts are another group of students who get a variety of training on many topics. WADE provides education on the social norms of college, perception versus reality regarding alcohol/drug usage, and how to be inclusive of all new students including those who abstain.

- 3) Early Arrival Program Leaders: Each year, there are 4 early arrival programs that incoming freshmen can participate in and each year WADE provides education and training for many of the leaders of those groups. The leaders are upperclassmen that help orient their new freshmen to campus.

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 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). (<https://sites.sju.edu/wade/files/2016/07/Guide-for-Parents-Alcohol.pdf>)

Faculty & Staff: The faculty and staff 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 faculty and staff 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 and staff on projects and presentations is critically important as well as providing them additional training.

- 1) Faculty - 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 4 classes reaching 129 students in 2016-2017 and another 4 classes reaching 75 students in 2017-2018.
- 2) Faculty - Class Projects: WADE actively seeks out collaborative opportunities with faculty and in the previous review period WADE 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. This was part of a PLCB grant (discussed in more detail under environmental approaches) In December 2016, WADE held 3 focus groups with students in a marketing research class (71 students) to provide feedback on the final results from the previous year's marketing plan.
- 3) Faculty & Staff – Marginalized to Empowered Conference: This conference started small in August 2016 as a way to bring education about substance use on campus, substance use disorder issues, and recovery concerns to faculty and staff. The first year brought 104 faculty/staff from the region, not just SJU, to campus to learn about how to best support students dealing with mental health or behavior health concerns. In August 2017, the conference brought 165 people and had an even further reach regionally. It brought together not just faculty and staff who often work with students but also marketing, communications and alumni departments as well as public safety officers from the region's schools.
 - 4) Teaching and Learning Forum: In spring 2018, faculty and some staff attend a teaching a learning forum at SJU which is a one day conference aimed at providing innovative ideas and best practices for teaching. WADE presented with a faculty member on Signs and Support for Students from the Classroom and just 3 faculty members attended. WADE hopes to present this topic again in the future and reach a wider audience.
 - 5) WADE Classroom Survey: Eric Patton, Associate Professor and Chair of the Management Department created a survey on alcohol behavior as it relates to academics and invited his colleagues to allow it to be taken during classes with upperclassmen. This was first done in spring 2016 with 290 responses and the data was used during the Alcohol Summit. This was a recommendation out of the Advisory Council on Alcohol, Drugs and Student Health of which Eric is a member. In spring 2017, the survey was given out in classrooms again, this time with 220 responses. The research was created for the purposes of digging deeper into the connections of alcohol with academics and seeing if there was a difference in the drinking behavior of students in the school of business and the college of arts and sciences.
 - 6) Business Policy Class: In December 2017, after the Hawk newspaper brought attention to the tradition of students popping champagne bottles after completing the final project in a senior capstone business course, the Dean of the Business School sent a letter out to students with strong words about the inappropriate and unprofessional behavior.

Alumni: SJU Alumni play an important role often with serving as role models for our current students. As we continue to work with student leaders in our program, we try to track and stay in touch with alumni who graduate after working with us as student leaders.

- 1) Golf Outing: As two students were graduating in December 2015, they suggested we host a golf outing as a way to help alumni stay connected to SJU. WADE led the fundraiser with a team of colleagues from local institutions or non-profit agencies. In August 2016, the first Tee It Up for Recovery Golf Outing took place and two SJU students received an Advocate of the Year award. There were 88 golfers which included staff, students and alumni from SJU and other local colleges. Additionally, treatment center staff and service providers golfed as well as sponsors of the event. In July 2017, a total of 84 golfers participated and the Ammon Foundation gave a total of three scholarships to students in recovery. The grand prize winner was from Drexel and she received \$100 with 2 runners-up received \$500 each.
- 2) HawkFest: Each year at SJU, Alumni Development and Student Leadership and Activities work together to host HawkFest; this brings parents and alumni to campus. WADE provided the Friday Night Alcoholics Anonymous (AA) meeting time for the calendar in order to offer a supportive outlet to those returning who might want to attend.

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 month, there are either on-campus entertainment events 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 2016-2017, SUB provided 61 events and in 2017-2018, SUB provided 54 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 80 active clubs and organizations that sponsor campus activities throughout the year.

Annual Events

SJU's Annual Spring Concert has, for the past two years, been held on a weeknight in April. In 2017, there were 1,566 tickets sold and in 2018 there were 2,114 tickets sold. Our Sober Friend program continued to walk fellow students home safely if they are found intoxicated but not needing medical attention. In spring 2017, there were 25 Sober

Friends that were trained by the WADE program and in spring 2018, there were 28 Sober Friends trained. Each year, they walk about less than 5 people home but the training is still valuable for the student leaders who participate as Sober Friends.

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 2016, there were 239 students in attendance and in 2017, there were 248 students.

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.

In fall 2016, a Welcome Back Block Party was created through Student Life as a way for neighbors to come together with students and celebrate the beginning of the new academic year. Volunteers from Student Life joined a committee to create the plans including food vendors, a DJ, lawn games and more. This event was a success and took place again in fall 2017.

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 was for a two-year term, 2015-2017, and had 3 main components.

With grant funds, SJU hired additional police details to patrol in Manayunk on high-risk weekends. During this review period, officers were hired twice on September 9-10, 2016 and February 24-25, 2017. Between both weekend details, 58 contacts were made.

Additionally, SJU continued to build a Coalition of local colleges and Manayunk constituents including bar owners, neighbors, police and officials. During the review period, the Coalition met 4 times. SJU also used grant funds to add specific fake ID and marketing campaign questions to the campus-wide American College Health Association (ACHA) National College Health Assessment (NCHA) sent out between February-March, 2017. A total of 553 students responded to this survey. This survey showed that 36% of students used a fake ID to drink before they turned 21 and of those students, 41% were caught with it at some point. We used that data to create the public service announcements about fake ID use.

The largest part of this project was the PSA campaign promoted at SJU's campus, on the other local college campuses and in Manayunk in the hopes of deterring under-age students from attempting to drink at bars. During this review period, SJU hired Jon Dart, a consultant graphic designer to come up with the posters after developing the ideas with 3 student focus groups. One finalized in spring 2017, the posters were printed and hung up on each campus as well as in Manayunk.

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

The University's Office of Human Resources, through its Employee Assistance Program, offers assistance and referrals to employees with substance use disorder issues. 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) 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. Employees can also avail themselves to the EAP directly and confidentially. More information is located on the [Human Resource website](https://sites.sju.edu/humanresources/be-well/wellness-initiatives/): (<https://sites.sju.edu/humanresources/be-well/wellness-initiatives/>)

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, one with a substance abuse focus, as well as a part time Psychiatrist. 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

Assessment is critical to truly understanding the impact of efforts on campus. Individual program evaluations and/or pre-post tests have taken place throughout the year after almost every workshop or program hosted by the office of Student Outreach and Support and the Wellness, Alcohol and Drug Education (WADE) Program.

The following larger surveys relating to alcohol/drugs were implemented during this review period:

- American College Health Association- National College Health Assessment (ACHA-NCHA), Spring 2017
- Campus Clarity- Think About It: Part I, Part II, Part III for Freshmen, Fall 2017 and Fall 2018
- Campus Clarity- Think About It: Continuing Students Course, Fall 2018
- The Advisory Council's WADE Classroom Survey, Spring 2016 and Spring 2017
- EverFi Inc.- Prescription Drug Course, Fall 2017
- Electronic Check-Up-To-Go Alcohol, Fall 2016 (student-athletes) and Spring 2018 (Greek Life)

The results of these the program specific and larger surveys 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. In spring 2016, an Alcohol Summit took place on campus showcasing the data collected and analyzed by the Council. More information including videos of the summit and a compilation of the notes created during the brainstorming sessions are available on the [Alcohol Summit website](https://sites.sju.edu/wade/upcoming-events/alcohol-summit/): (<https://sites.sju.edu/wade/upcoming-events/alcohol-summit/>)

Goals & Achievements

Saint Joseph's University has set forth a new strategic plan, *Think Anew, Act Anew*, which includes four specific goals:

- 1) Enrich academic quality and distinction
- 2) Expand transformative student experiences
- 3) Enhance and promote programs of national prominence
- 4) Foster greater financial strength and stability

More information on the SJU Strategic Plan can be found on the [Strategic Plan Website](https://sites.sju.edu/strategicplan/) (https://sites.sju.edu/strategicplan/)

The Advisory Council on Alcohol, Drugs and Student Health completed many tasks in the 2016-2018 terms, most notably including:

- Submitting a proposal for Recovery Housing at Saint Joseph's University
- Providing recommendations for the Alcohol and Drug Policy updates as well as the Guidelines for Events with Alcohol
- Analyzing the results and recommendations from the first Alcohol Summit hosted in 2016, the results from the Healthy Minds Study and the results from the Prescription Drug Course to create recommendations for programming, education, and/or further analysis. (recommendations found on page 30 of this review)

Summary of Strengths and Weaknesses

Program strengths include:

1. Data-Driven: The University's Advisory Council on Alcohol, Drugs, and Student Health is data-driven and focused on analyzing data, collecting more data, and increasing response rates to surveyed research to continue to make recommendations to the University.
2. Evidence Based Practices: 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 while being enhanced each year to address trends.
3. Collaboration: The WADE Program engages in strong collaboration with experts in other areas within Student Life and outside of the division in order to best support our students. One prime example is the many faculty/staff who volunteer to undergo training and present an hour educational session to incoming students at Orientation. WADE also collaborates with groups off campus in the community as well as with colleagues at other institutions. This is highlighted through the Community Coalition as part of the PLCB grant and the two large committee based events held over the past two years; golf outing fundraiser and the recovery

- conference. Partnerships have been developed over time and continue to help the program reach their goals.
4. Cost-Effective: The WADE Program has concluded one grant and was awarded another during the last review period 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.
 5. Recovery Support: 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. The new Allies of Recovery Training has reached those not in this population on how to best support those dealing with this disorder which creates a safer and more supportive campus environment.
 6. Mental Health: A greater focus has been placed on the integration of student mental health concerns as they relate to substance use issues. This was identified as a need in the last Biennial Review and over the last two years, many improvements have been made in this area. Most specifically:
 - a) JED Foundation Collaboration: In spring 2016, SJU began a relationship with the JED Foundation. The first guiding principle of this Foundation is that support for emotional well-being and prevention of suicide and serious substance abuse must be seen as a campus-wide responsibility and have support from senior leaders on campus. The JED Foundation provided periodic consultation to address concerns and questions and assisted with a thorough evaluation of practices and policies in 2016-2017. They provided suggestions for improvement including implementing the Health Minds Study in April 2016. This is scheduled to repeat in spring 2019.

Program weaknesses include:

1. Efforts have been made to enhance the institutionalized commitment from all University community members around alcohol and drug prevention issues yet there is still room for growth.
 - a. Faculty: Although some faculty are involved with the WADE program and collaborate on educational programs or projects, ideally SJU would like to see more faculty involvement in this issue. Particularly with the Advisory Council on Alcohol Drugs and Student health as this is a clear way to utilize their skills and expertise in a way that directly impacts the campus.
 - b. Resources: Expanding alcohol and drug prevention and intervention efforts is difficult due to current levels of staffing and minimal funding within the Wellness, Alcohol & Drug Education Program.
 - c. Unaffiliated Students: Unaffiliated students are a high risk group for substance use issues. With this as a recommendation in the last review, WADE has implemented two new online courses for all students which can reach this population; the EverFi prescription drug course and the Campus Clarity continuing student online course. However, since both courses are not mandatory for all students, the courses might not be reaching the exact students that are the aim of this online education.

Recommendations

Below are the prioritized final recommendations of the 2016-2018 Advisory Council rooted in SJU's new strategic plan, *Think Anew, Act Anew* and based on the work and research of the Council in the past few years. There is no financial cost associated with these items yet many will require staff time and commitment.

1. Build an institutionalized commitment to address SJU's alcohol culture by sharing a strong message from SJU's President that high risk alcohol use and drug use negatively impacts academics as well as the health of the student body and is not acceptable at SJU.*
2. Review the possibility of requiring all undecided business majors to take a service learning course given the research showing the higher rates and risk related to alcohol use for undecided business students at SJU as well as the data showing community service lowers risk of alcohol use. (*Goal 1, Objective 1*)
3. Infuse wellness, alcohol and drug education into all First Year Seminar curriculums.
4. Review possibility of adjustments to academic calendar and scheduling to reinforce the importance of academics over drinking. This could include increasing amount of Friday class offerings and Friday testing to discourage Thursday night drinking, ensuring Saint Patrick's Day and Spring Break coincide, planning for fall/spring move-in dates to not take place over a long weekend, creating commencement programming options that discourage a "senior week" focused on drinking alone.*
5. Encourage influential members of our campus community to join the Advisory Council with a special focus on faculty and high level administrators.*
6. Create an early arrival program for students in recovery and abstaining students who want to make friends without alcohol/drugs. (*Goal 2, Objective 2*)
7. Focus on recruitment, training and retention of peer education groups within the Health and Wellness Coalition (HAWC) to provide a wider reach of wellness education for the campus community (*Goal 2, Objective 8*)
8. 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 Communities Act, certifies that it has adopted and implemented a comprehensive 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 policies 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.