

ALCOHOL & COLLEGE CAMPUSES

CENTRAL WASHINGTON
UNIVERSITY



EASTERN WASHINGTON
UNIVERSITY



THE EVERGREEN STATE
COLLEGE



UNIVERSITY OF
WASHINGTON



WASHINGTON STATE
UNIVERSITY



WESTERN WASHINGTON
UNIVERSITY

WASHINGTON STATE
Council of
Presidents

AN OVERVIEW: POLICIES, PROGRAMS, & ALCOHOL RELATED SERVICES AT WASHINGTON'S PUBLIC BACCALAUREATE INSTITUTIONS

CENTRAL WASHINGTON UNIVERSITY

◆ Student Conduct Code

The students of Central Washington University are responsible for complying with policies, standards, rules, and requirements for academic and social behavior. Drug and alcohol abuse prevention.

◆ The Discover New Student Orientation Program

A series of comprehensive programs to orient newly admitted students which provides information, including student responsibilities and rules of conduct.

◆ City and university police present freshman orientation courses called "Awareness

Addresses issues of minor in possession and other alcohol violations.

◆ The First Six Weeks program

A fall new student orientation program that addresses the academic and transitional issues first year students typically face the first six weeks.

◆ Prime for Life

An eight-hour educational curriculum that focuses on the prevention of alcohol related health, impairment and addiction problems.

◆ Under The Influence

An on-line alcohol education course that most students are able to complete in approximately 2 hours.

◆ Marijuana 101

An on-line marijuana education course that most students are able to complete in approximately 2 hours.

◆ University 101

A one-credit, one-quarter course all freshmen must complete. This university-orientation program includes drug and alcohol education and informs students about campus wellness resources, such as:

◆ Wildcat Wellness Center

The Wildcat Wellness Center is the primary campus location for alcohol and other drug education, prevention and counseling. The services provided by WWC include but are not limited to: Prime for Life, Informal assessment and screening, referral, intervention, aftercare, information and education.

◆ Student Medical and Counseling Center

The center provides counseling services to all students attending CWU. Services include confidential one-on-one counseling and other group counseling services.

◆ E-CheckUpToGo

An interactive web survey that allows college and university students to enter information about their drinking patterns and marijuana use, and receive feedback about their use of both. Responses to the questions are completely confidential, and we will only be able to see that you completed the program.

EASTERN WASHINGTON UNIVERSITY

◆ Student Conduct Code and Alcohol Violations

Students who are criminally charged with alcohol violations on campus are also held responsible through EWU Student Conduct Code. Student can also be charged with violating the EWU Student Conduct Code for off-campus conduct if the “behavior adversely affects the university and/or the pursuit of its objectives and the university determines that a significant university interest is affected.”

According to the EWU Student Conduct Code, WAC 172-121-200,

(a) Alcohol and substance violations: Use, possession, distribution, or sale of alcoholic beverages (except as permitted by university policy and state law) is prohibited. Under no circumstances may individuals under the age of twenty-one use, possess, distribute, manufacture or sell alcoholic beverages. Public intoxication is also prohibited.

Students found responsible for violating this section of the student conduct code are typically referred to the online alcohol program, Alcohol Wise by 3rd Millennium. Repeated violations of the Code result in more severe consequences.

◆ Alcohol and/or Drug Consultations with Colonial Clinic of Spokane, WA

When a student has a second alcohol violation or a first drug violation of the EWU Student Conduct Code, the student is referred for a complete alcohol and drug assessment with the Colonial Clinic Center.

Colonial Clinic provides a confidential, professional service for Eastern students who want assistance or information regarding their use of alcohol or drugs. Services are designed to assist students in making their own informed choices about alcohol and other drug use and related risks. An assessment counselor from the center will meet with the student in a confidential space on the EWU campus. This provides a direct service to the student without the student having to leave campus for the assessment.

Any student who is concerned about their substance use can also request to be seen by this service without judicial referral. The Office of Student Rights and Responsibilities, the Dean of Students office, and the Health Wellness and Prevention Service office can refer a student to Colonial Clinic for an assessment.

◆ Ride Along with EWU and Cheney Police Department

At least once a quarter, representatives from the EWU campus ride along with the EWU and Cheney Police departments to observe the party atmosphere within the Cheney and campus community.

◆ Critical Conversations with the Parents of Incoming Freshmen

Orientation provides EWU officials with the opportunity to talk with parents of incoming freshmen. A parent panel discusses myriad issues, including campus policies regarding alcohol and drugs. Correspondence via our listserve advises parents of significant incidents. Parents are often notified of significant alcohol incidents involving students under 21 (per FERPA policies).

◆ Residence Life Initiatives

Housing and Residential Life provides regular programs on alcohol abuse prevention. Programs are sponsored through Health, Wellness & Prevention Services, Counseling and Psychological Services, Judicial Affairs, and Community Advisor programs.

◆ Student Advocacy and Support Services

EWU has a unique program to provide individualized student services through the Dean of Students Office. This program operates on a social services model to assess student needs and identify appropriate interventions. Students access this service for a variety of reasons. In the course of assistance, if substance abuse is a factor, we make appropriate referrals to help the student become successful. Liaisons are established with area service providers and campus resources.

THE EVERGREEN STATE COLLEGE

◆ Student Conduct Code

Students are expected to adhere to the Student Conduct Code which as per, WAC 174-123-070 prohibits: The possession, use, manufacture, or distribution of alcohol except as expressly permitted by law or college policy; or public appearance on college premises while intoxicated. In addition alcoholic beverages may not, in any circumstance, be used, possessed, consumed by, or distributed to, any person under the legal age. The Evergreen Police have an agreement with the Thurston County Prosecutor that on first time minor alcohol offenses, the case can be handled by the College through the student conduct process.

◆ Health & Counseling

The College Health Center offers an online self-assessment tool, Alcohol eCheckup To Go, which upon completion identifies a student's personal risk patterns, level of alcohol tolerance, or unique family risk factors and subsequently offers harm reduction strategies and helpful resources with the College and larger community.

◆ Transportation

Student fees subsidize free Intercity Transit service for students to and from the College. The Nightline service runs late into the night on weekends.

◆ Fall New Student Orientation

Annually, all students receive copies of our Substance Abuse and Prevention policy pamphlet. This guide summarizes the College policy on drug and alcohol use, discusses sanctions for violations, identifies treatment and referral sources and provides information about the health risks and legal sanctions for using various drugs (obtained from the National Institute on Drug Abuse, and distributed with their permission).

Since 2009, all incoming students are required to participate in a two-hour mandatory session focused on health, well-being and safety in the context of the Evergreen community.

Drug and alcohol information workshops addressing the impact on cognitive ability and physical conditioning are given twice yearly to the student athletes and other targeted student populations (i.e. first year housing) as requested.

◆ Residence Life & Student Life

Evergreen offers a Substance Free community living program in which abstinence from alcohol and drugs will be respected and residents can be assured that substance use and/or abuse will not be a factor in their living environment. Residents of Substance Free Housing may not be under the influence of alcohol or drugs at any time.

◆ Drug and Alcohol Abuse Prevention Workgroup

The group meets to evaluate drug and alcohol policies and enforcement, to address the requirements of state and federal laws, and to share information. Group members include: a faculty representative, two staff from the Health and Counseling Center, a representative from the Human Resources Office, the Campus Grant Coordinator, a Residence Hall staff member, a representative from Police Services and two students

◆ College Coalition of Substance Abuse Prevention

The Evergreen State College has been a member of this task force since its inception. Evergreen participated in the Statewide Assessment during 2004, as part of a statewide effort to develop a strategic plan for addressing substance use on college campuses. In the fall of 2012, The Director of Health and Counseling Services joined the Steering Committee for the Coalition.

◆ Current/Future Initiatives

Continue the work of the "GreenerCHOICES" health campaign across campus. The goal of this campaign is to provide health education and disease prevention through personally relevant messages to our students.

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In compliance with the requirements of the Drug Free Schools and Communities Act and Drug Free Schools and Campuses Regulations, the University of Washington has produced a report which outlines college policies regarding drug and alcohol use for both students and staff. The details of the relevant laws, policies, sanctions, drug effects, health risks, and referral options are contained in the “Guide to Campus Safety & Substance Abuse, and the Annual Fire Safety Report” distributed to all students and announced to all staff and faculty. Examples include:

◆ **Alcohol and Other Drug Prevention Program**

A copy of prevention programs provided at the University of Washington is updated and submitted annually to the Director of Health and Wellness in the Office of the Vice President and Vice Provost for Student Life.

- The first approach, combining cognitive behavioral skills with norms clarification and motivational enhancement interventions, has demonstrated efficacy in achieving significant reductions in drinking and related consequence.
- The second Tier I approach, offering brief motivational enhancement interventions, is also associated with significant reductions in drinking and related consequences.
- The final Tier I approach, challenging alcohol expectancies, was based on Dr. Marlatt’s groundbreaking research in the Behavioral Alcohol Research Laboratory (BARLAB) involving use of a balanced placebo design.

◆ **Annual Distribution of the Following Written Materials**

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol on school property or as a part of any school activities.
- A description of the applicable legal sanctions under federal, state, or local law for the unlawful possession or distribution of illicit drugs and the abuse of alcohol.
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
- A description of any drug or alcohol counseling, treatment, rehabilitation, and re-entry programs that are available to employees or students.
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with federal, state, or local law), and a description of those sanctions.

◆ **A Biennial reviews of Programs**

- Determines its effectiveness and implement changes if they are needed.
- Ensures that the sanctions developed are enforced consistently.

◆ **Campus and Community Activities**

There exists two primary forums for assessing what is happening on campus and in the surrounding community, the Health and Wellness Council and the North of 45th Committee.

The Health and Wellness Council, run by the Director of Health and Wellness, gathers key stakeholders on campus for meetings to receive updates from undergraduate student representatives, graduate student representatives, Hall Health, the Counseling Center, Intramural Activities, Intercollegiate Athletics, the Residence Halls, the Greek System, faculty, and other student services across student life.

The North of 45th committee also meets monthly, and assembles members of the community, property owners, and Seattle Police along with numerous representatives from on campus.

◆ **Training of Resident Advisors**

Annually, Resident Advisors (RAs) are trained by the Assistant Director of Health and Wellness, and an emphasis is also placed on the need for consistent enforcement of policy. Research (e.g., Rubington’s multiple studies) has indicated that reductions in policy violations could reflect inconsistent enforcement.

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◆ Alcohol and Illegal Drugs

With a view toward ensuring the safety and well-being of faculty, staff, students and the general public, the university is committed to maintaining a campus environment that is free of illicit drugs (or controlled substances) and alcohol. Accordingly, the consumption of alcoholic beverages by students and employees on university property, except in accordance with appropriate State of Washington liquor license procedures, is prohibited. Further, the unlawful possession, use, distribution or manufacture of alcohol or controlled substances (as defined in Chapter 69.50 RCW) on the university campus or during university-sponsored activities is prohibited (Chapter 478-124 WAC). Violation of these alcohol and drug prohibitions will be the basis for university disciplinary or other appropriate action.

Generally, possession, sale and consumption of alcoholic beverages are not permitted on campus. The exceptions are:

- 1) meetings or other functions when a state banquet permit has been obtained - applications are available in the Office of the Committee on the Use of University Facilities and the permit is issued pursuant to regulations of the university and the Washington State Liquor Control Board, or
- 2) by those of legal drinking age in residence hall rooms or apartments with the doors closed. Kegs or other common-source containers are never allowed in the residence halls. As prescribed by state law, it is illegal to sell alcohol without a permit, and no one under age 21 is permitted to consume alcohol.

The Alcohol and Drug Abuse Policy of the University of Washington is found in the Administrative Policy Statement, D 13.7, copies of which are available online at www.uw.edu/admin/rules/APS/13.07.html. Students and employees who are found to be in violation of this stated prohibition may be subject to arrest and conviction under the applicable criminal laws of local municipalities, the State of Washington or the United States. Conviction can result in sanctions including probation, fines and imprisonment. Students found in violation of this stated prohibition are also subject to discipline in accordance with the requirements and procedures of the Student Conduct Code (CH. 478-120 WAC). Discipline may include probation or dismissal from the university.

The UWPD enforces all federal, state, local and university regulations governing drugs and alcohol. Underage drinking is not tolerated and laws governing such will be enforced, including arrest, citation and/or referral to the Office of Community Standards and Student Conduct.

◆ Health and Wellness: Alcohol Education and Intervention Services

The University of Washington is a national leader in the development, implementation and evaluation of brief interventions and other prevention efforts to reduce alcohol-related harm and consequences. Through close collaboration with the research teams involved in the development of these programs, Health and Wellness plays an important part in bringing evidence-based and empirically supported approaches to the UW community, as well as supervision and provision of workshops offered to students following alcohol and other drug policy violations on campus. Additionally, Health and Wellness supports other providers through trainings in brief intervention approaches, provision of referral information and consultation services.

Hall Health Primary Care Center offers counseling and referral for alcohol and other drug-related problems, as well as preventive education programs. Counseling and other types of alcohol and other drug education for students are also offered in the residence halls. Education and prevention programs addressing alcohol and other drugs are available for students (e.g., for students in the Greek System, Freshman Interest Groups, residence halls, etc.) through Health and Wellness. Referral information can be provided to students when needed.

For information on current programs and services, please contact Health and Wellness at 206.543.6085 or livewell@uw.edu. In addition to services provided by Health and Wellness, substance use evaluations are also available through the Psychological Services and Training Center. For details, please call 206.543.6511.

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◆ History of Prevention Efforts

- Regents approval in 2000 and 2001 for full time substance abuse counselor and full time alcohol/other drug prevention person and office. ADCAPS (Alcohol and Drug Counseling, Assessment, and Prevention Services). Only full time office in state.
- Awarded Model Program from US Department of Education from 1995 to 2000 for intervention targeting alcohol abuse in high risk groups including the Greek system.
- Alcohol Policy clarified, revised and disseminated uniformly to all students, faculty, and staff beginning in 2001.
- Impact Program: Evidence based online and 1:1 intervention provided to all students receiving alcohol violations implemented in 2001.
- Sanctions developed for alcohol, other violations routinely applied through the Dean of Students Office beginning in 2001.

◆ Campus Community Coalition implemented from 2006-2009. Activities included:

- Better Neighborhoods for Pullman group (BNP). Specific Nuisance Ordinance Revisions and other resources for the city of Pullman, 2007 – 2009.
- Party House Nuisance Ordinance - 2007: visual nuisance, litter, trash, building upkeep, nuisance party houses enforcement.
- Open Container for Alcoholic Beverages Law: In July 2007 the Pullman City Council voted on a city ordinance revision regarding open containers of alcoholic beverages.
- Off-Campus Housing Guide developed in 2007. Printed and distributed on campus and to local businesses/rental agencies promoting responsible landlord behavior regarding tolerance of alcohol and drug related problems.
- “Fighting Ordinance” – adopted 2008. The ordinance created a civil infraction for causing, involving or engaging in any fight, brawl or other violent or threatening behavior.
- Landlord and Residential Rental Registration: 2009 – Requires all owners of residential rental properties to register with the Police Department in order to offer such properties for rent within the city. Used to strengthen the “Party House” Nuisance ordinance, among other things.

◆ Current Activities

- Implementation of Booze, Sex and Reality Checks (BSRC): mandatory education and prevention program prior to beginning of the fall semester, 2012.
- Appointment of Presidential Task Force for Prevention and Education, Alcohol and Other Drugs, November 2013.

◆ Likely WSU Task Force Recommendations (work in progress)

- Increased intensity of interventions/sanctions for 1st and particularly 2nd time alcohol violators.
- Use of 1:1 interventions, parental notification.
- Fraternities removed from approved freshman housing.
- Routine screening, intervention and referral for alcohol/drug problems in primary care and the Emergency Department.
- Continue BSRC.
- Increased use of peer/bystander interventions.
- Academic interventions, exams, required attendance in class on Fridays.
- Reconvene campus community coalition – enhance responsibility of hosting practices, community enforcement, development of social/recreational alternatives
- Reinforce, enhance protective factor activities, e.g. increased engagement, e.g. Freshman Focus Program.

WESTERN WASHINGTON UNIVERSITY

◆ Student Rights and Responsibilities Code and Alcohol Violations

Students who are charged with alcohol violations of the law when they are on campus, or in areas (including streets) adjacent to campus, are also held responsible through Western's Student Rights and Responsibilities Code.

◆ Alcohol Drug Consultation and Assessment Services (ADCAS)

ADCAS is a confidential, professional service for Western students who want assistance or information regarding their own use or someone else's use of alcohol, tobacco, or other drugs.

◆ Late Night Shuttle

As an alternative to driving, the Western Student Shuttle is a late night bus service for Western students, funded by the Student Transportation Fee.

◆ Social Norm Campaign for Reducing Risks Associated with Alcohol & Other Drugs

Western's campaign messages will emphasize 3 main themes: 1) protective behaviors, 2) reducing misperceptions about alcohol and other drug consumption at WWU, and 3) what students need to know about the new marijuana legislation and enforcement at WWU.

◆ Critical Conversations with the Parents of Incoming Freshmen

Critical Conversations is a seminar held during summer orientation sessions with the parents of incoming freshmen to highlight major issues that impact students' transition to college.

◆ Western Wellness

This website promotes articles and self quizzes that encourage students in a proactive and preventative nature to make thoughtful choices on issues that impact their personal health, academic success, and help create a safe and supportive community.

◆ Residence Life Initiatives

Resident Advisors (RAs) hosts two floor meetings with their residents within the first 3 days of arrival. In these meetings, RAs review emergency procedures, resource information, relevant policies, and expectations for student behavior.