Introduction

The Drug-Free Schools and Campuses Regulations (EDGAR Part 86) require that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program “to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees” both on the institution’s premises and as part of any of its activities. According to the Part 86 regulations, if an IHE fails to submit the necessary certification when requested to do so or violates its certification, the Secretary of Education may terminate all forms of financial assistance whether from the Dept. of Education or other federal agencies (34 CFR Section 86.1 and 20. USC &1145g.).

The Drug-Free Schools and Campuses Regulations also require IHEs to conduct a biennial review of the AOD (alcohol and other drugs) programs and policies to determine program effectiveness and consistency of policy enforcement and to implement any changes needed to either.

This legislation directs the University of Missouri-Saint Louis to maintain a written policy on alcohol and other drugs and to maintain a process that ensures policy distribution to all students, staff and faculty. The written policy must enumerate federal, state and/or local sanctions for unlawful possession or distribution of illicit drugs and alcohol, describe health risk associated with AOD use, describe University drug and alcohol programs available for students and employees, and specify disciplinary sanctions imposed on students and employees for policy violations. Also, the University is required to conduct biennial reviews to assess the effectiveness of its alcohol and drug prevention programs.

In compliance with federal legislation, the Social Worker in the Division of Student Affairs for UM- Saint Louis has prepared this biennial review.

This biennial review was conducted for the University of Missouri-Saint Louis Drug and Alcohol Prevention Program for the following dates of coverage:
September 1, 2010-August 31, 2011
September 1, 2011- August 31, 2012

Creating a program that complies with the regulations requires an IHE to do the following:

1. Annually notify each employee and student, in writing, of standards of conduct; a description of appropriate sanctions for violation of federal, state, and local laws and campus policy; a description of health risks associated with AOD use; and a description of available treatments programs/options.
2. Develop a sound method for distributing annual notification information to every student and staff/faculty member each year.
3. Prepare a biennial report on the effectiveness of its AOD programs and the consistency of sanction enforcement.
4. Maintain a copy of the biennial review on file, available for inspection by the U.S. Department of Education.

Biennial Review Report

Elements of Drug and Alcohol Prevention Program

UM-St. Louis continues to be committed to an environment that discourages the inappropriate or illegal use of alcohol and other drugs and to providing an environment that supports healthy decisions and lifestyles. The campus has established policies and procedures in place to enforce this commitment and provides services to those who need assistance as a result of their alcohol or drug use.

1. Strategic Plan/Campus Coalition

Partners in Prevention (PIP) is a statewide coalition focused on preventing high-risk drinking among Missouri’s college students. The coalition is comprise of 21 public and private colleges and universities across the state and is underwritten through a contract from Missouri Division of Alcohol and Other Drug Abuse. Each campus writes an annual strategic plan for prevention, guided by data, to identify those problems and strategies most relevant for their campus communities. Our campus participates as a representative campus in the statewide coalition.

The UMSL Partners in Prevention coalition/task force is coordinated by the Social Worker through the Division of Student Affairs and is made up of individuals from key offices such as Athletics, Counseling, Greek Life, Health and Wellness, Police, Residential Life, Student Affairs, Student Life and the Veterans Center. Our coalition works collaboratively to reduce students’ engagement in high-risk behaviors related to alcohol and drug use. We meet on a bi-monthly basis to discuss the campus’ AOD (alcohol and other drug) environment and make recommendations for ongoing prevention programming. Our coalition meetings focus on progress being made, barriers to progress, and ways to overcome those barriers.

The key assessment tool for determining prevention programming outcomes is the Missouri College Health Behavior Survey. As the campus PIP Coordinator, the Social Worker oversees planning, IRB approval, and data requests for this tool. It is implemented in the spring of each year. Results from this survey are used to create the campus strategic plan each fall.
We use our strategic plan (updated annually) to guide our prevention efforts in a comprehensive approach with the following four strategies in mind:

- **Environmental Management** - combination of programs, policies, and education designed to create a campus community that supports and encourages healthy decision making about alcohol and other drugs.
- **Harm Reduction** - Initiatives, such as counseling interventions for at-risk students, which assist students engaging in high risk behavior, manage those risks through behavior modification.
- **Prevention Education** - Planned activities, programs and outreach which inform and empower students with information and education in order to reduce their risk and help them make safer decisions.
- **Social Norming** - An evidence-based approach to educating students about how they tend to overestimate the amount that their peers are drinking and thus correct misperceptions about student/peer drinking.

2. Publications

Several publications are available and contain information for students, faculty and staff about the University’s policies and procedures regarding alcohol and other drugs. The University of Missouri Saint Louis has developed policies to enforce the commitment to healthy lifestyles. The main policy information is found in the *Drug and Alcohol Prevention* brochure. Summaries of the publication information are presented here.

a) **Drug and Alcohol Prevention Program Brochure**

b) The Drug and Alcohol Prevention Program brochure published by University Health, Wellness and Counseling Services is distributed to the campus community annually via a campus-wide email. Additionally, an electronic version of the brochure is available online. A summary of the Drug and Alcohol Prevention Program can also be found in the annual online student planner.

**Campus Crime Act Report**

In compliance with the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, the University Police Department annually prepares a Campus Crime Report to keep the campus community informed of crime statistics and security measures. These reports can be found on the web at the following address: [http://safety.umsl.edu/police/campus-crime-info/campus-crime-report.html](http://safety.umsl.edu/police/campus-crime-info/campus-crime-report.html). The Substance Abuse Policy is also available on the police department website under “Policies”.

The Campus Crime Report for the years 2010 - 2011 are attached. (Liquor and Drug Law Violations, Arrests, and Referrals).

c) **Campus Policies and Procedures**
The text of U.M. Collected Rules & Regulations 200.010 pertaining to substance use violation is available from Student Conduct & Community Standards in 301 Woods Hall or on their website: http://www.umsl.edu/~studentconduct/. The text containing the Drug and Alcohol Prevention Program is also printed in the annual online student planner: http://www.umsl.edu/~studentplanner/Policies%20and%20Procedures/drugsalcohol.html. Campus policies and procedures are also distributed in the annual Drug and Alcohol Prevention Brochure.

d) What Every College Student Needs to Know

This brochure was developed by PIP to help college students make informed decisions about drinking, as it addresses issues of legal drinking age, drinking and driving, on/off campus parties, and the laws about “house parties”. This brochure is distributed to students during various presentations throughout the year.

3. Prevention Efforts/University Departments

UM-St. Louis continues to be committed to an environment that discourages the inappropriate or illegal use of alcohol and other drugs and to providing an environment that supports healthy decisions and lifestyles. The campus provides services to those who need assistance as a result of their alcohol or drug use/abuse.

Wellness Resource Center

The Wellness Resource Center is a place for students and employees to seek help without fear of disciplinary action by the University. The office serves as a facilitation center for individuals to freely discuss personal concerns about their/another’s alcohol or drug problem and to seek help in overcoming those problems.

Staffed by the Health Educator, the Wellness Resource Center provides educational brochures, books and videos to educate on responsible decision-making with regard to alcohol and drug use. Several educational outreach programs are done each semester to educate students. Campaigns for outreaches include Alcohol Awareness Week. Programs include information tables and informal presentations. Hundreds of students are reached each semester by these programs.

University Health Services

The UM-St. Louis on-campus health clinic provides services to all students and faculty/staff. Health Service’s staff treats hundreds of students each year and inquires about AOD use as part of their care. Referrals are made to the Counseling Center for assessment, BASICS, or substance abuse counseling when deemed necessary. University Health, Wellness and Counseling Services employs the Health Educator and maintains the Wellness Resource Center as a branch of their Department.
First Year Experience Course

All freshman students at UMSL are required to complete a First Year Experience Course. During this course, students gain an in-depth understanding of the University and the best ways to be successful in college. All students in the 2012-2013 Arts and Science FYE Course completed Echug (an online module focused on the risks associated with alcohol use).

Counseling Services

Counseling Services provide assistance to students in times of stress or to overcome barriers to student success. They provide personal counseling that can include substance abuse issues when addressed. Sometimes collaboration occurs with Counseling Services and other campus departments about the specific resources/referrals a student may need in order to receive the best treatment.

Counseling Services is also used to provide educational programming and intervention for students who have been referred by Student Conduct & Community Standards due to alcohol and/or drug violations. To this end, Counseling Services provides Brief Alcohol Screening Intervention for College Students (BASICS) for students who have violated the University alcohol policy. Additionally, Counseling Services uses Etoke to provide an online module and motivation interviewing for students who violate the University’s drug policy.

Office of Student Life/ Office of New Student Programs

The Office of Student Life (OSL) provides many entertaining, non-alcoholic activities for students to participate in. Each semester they have continuous activities engaging students and promoting student involvement. Additionally, OSL provides educational programming for students, faculty, and staff by hosting panel discussions, professional speakers, and tabling events focused on the risks associated with drugs and alcohol.

The Office of New Student Programs (ONSP) provides students at the University with an opportunity to learn about alcohol and drug policies, responsible decision making, and campus resources during New Student Orientation. After orientation concludes, ONSP follow-ups with students periodically to ensure that they remain aware of the various campus rules and regulations.

University Police

In conjunction with residential life staff, UM-St. Louis officers enforce alcohol and drug abuse laws and related campus policies. They respond to alcohol and other drug
complaints: intervening where necessary, issuing citations, making referrals to Student Conduct & Community Standards when appropriate, and handling emergencies.

UM-St. Louis Police also provide educational programming for the campus. They provide this in the form of presentations and informal lectures to students/faculty/staff. Again, they also create the “Campus Crime Report”, which provides alcohol and drug related information and statistics related to criminal activity.

Research and Evaluation

The UMSL Partners in Prevention Coalition conducts consistent data collection to identify progress of campus goals and to obtain data for program implementation. The tool used is the Missouri College Health Behavior Survey (MCHBS). The survey, modeled after the CORE Alcohol and Drug Survey, is an annual, online survey implemented each spring semester since 2007. Questions on the MCHBS assess alcohol and drug prevalence, negative consequences associated with drinking and protective behaviors among college students. In addition, the survey measures other health behaviors such as tobacco use, gambling, and risky driving behaviors along with a measure of mental health concerns. The survey is administered online to a random sample of students via email. Our target sample has been 5% of the undergraduate population. UM-St. Louis administrators and the campus prevention task force have continued to learn much about the AOD issues on our campus and our research results continue to trigger ideas for prevention efforts and strategic planning.

- 2010 MCHBS: n=747
- 2011 MCHBS: n=815
- 2012 MCHBS: n=737

Key finds – MCHBS 2012

- 5.4% decrease in binge drinking
- 18% increase in students always using a designated driver
- 30% decrease in rates of alcohol poisoning
- 61% decrease in students who pre-party
- 26% increase in students drinking less because of academic obligations the following day

2010: 4 alcohol related referrals, no arrests. 5 drug related referrals with one arrest
2011: one alcohol related referral, no arrests. 4 drug related referrals with no arrests

2010/2011: 5 alcohol related referrals, no arrests. 9 drug related referrals with one arrest
Referral data source is the Office of Student Affairs. An arrest data source is the department Detective, by use of the CARE reporting system.
In the scope of its review the UMSL Partners in Prevention Coalition has developed a strategic plan based on our findings from the MCBS data.

Our goals include:
- Decrease student misperceptions of high risk drinking from 22% to 15% within 2 years
- Reduce percentage of students with high risk drinking behaviors
- Improve efficacy of prevention efforts on campus by increasing knowledge base and skill set of key staff on campus
- Increase the number of students who are aware of a prevention program by 5% in one year
- Increase the awareness of camps policies and local, state and federal laws.

Conclusions

The University of Missouri-St. Louis Drug and Alcohol Prevention Program appears to be in compliance with the requirements of the federal regulations. The University has a drug and alcohol program and policy available working for the prevention of abuse of substances. Fortunately, due to the unique nature of the campus, the actual abuse of alcohol and drugs by our students and employees appears to be minimal, based upon the information and research available. The Wellness Resource Center expects to report additional gains in the next biennial review due to revised program strategies, coupled with increased national and local foci on illicit drug use, minors’ access to alcohol, binge drinking, and related social, emotional and health problems with the continual use and implementation of the “Missouri College Health Behavior Survey”.

This review reflects an accurate assessment of the Drug and Alcohol Prevention Program, including all related departments, publications and research for the following dates of coverage:
September 1, 2010-August 31, 2011
September 1, 2011- August 31, 2012