



Drug-Free Schools and Campuses Regulations (Edgar Part 86)

Biennial Review of Alcohol and Other Drug Programs

2018-2020

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Introduction

The Drug Free Schools and Communities Act requires, as a condition of receiving any federal funding or other financial assistance, that an institution of higher education certify it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. The University of California, Davis (UC Davis) is in compliance with the Drug Free Schools and Communities Act and continues to conduct a biennial review on the effectiveness of its alcohol and other drug programs and services.

The UC Davis campus and community provide comprehensive alcohol and other drug prevention initiatives, programs, and services that focus on policy, environmental management, education, intervention, prevention, research, and assessment. In addition, in accordance with federal law, the Office of Compliance and Policy provides every employee and student with information regarding substance abuse, via email, on an annual basis, and posts the information online at <http://clery.ucdavis.edu/substance-abuse>. The notification, included in Appendix A, provides the following information:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on school property or part of 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 alcohol.
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol.
- A description of counseling and treatment programs available to students and staff.
- A clear statement and description of the disciplinary sanctions UC Davis will impose on students and employees.

This 2018-20 Biennial Review of UC Davis's Alcohol and Other Drug Programs, which covers the time period from July 1, 2018 through June 30, 2020, is available online at <http://clery.ucdavis.edu/biennial-review>. A hard copy is also maintained on file at the Office of Compliance and Policy and can be provided to the U.S. Department of Education on request.

Policies

The University strives to maintain campus communities and worksites free from the illegal use, possession, or distribution of alcohol and controlled substances. The following policies on substance use and abuse apply to UC Davis students and employees:

- [Policy and Procedure Manual \(PPM\) Section 380-18](#)
- [University of California Policy on Substance Abuse](#)
- [Policies Applying to Campus Activities, Organizations, and Students: Section 100.00, Policy on Student Conduct and Discipline](#)

Employees

Employees include all staff, academic appointees, and student employees who work at the University.

University policy prohibits the unlawful use, sale, manufacture, distribution, dispensing, or possession of alcohol or of controlled substances by University employees in the workplace, on University premises, at

official University functions, or on University business. In addition, the University prohibits the use of illegal substances, or abuse of legal substances in a manner that impairs work performance, scholarly activities, or student life. (Note: The conditions under which the use of alcohol is allowed on campus are described in [PPM Section 270-21, Sales, Service, and Consumption of Alcoholic Beverages](#).)

At UC Davis Health, the substance abuse policies are advertised on posters and in HR Bulletins. For employees working in areas where narcotics are routinely available, specific job related expectations are provided and are often included in employees' position descriptions and in orientation.

Employees may report suspected alcohol or substance usage issues via EthicsPoint, the Incident Reporting System, or the Violence in the Workplace Incident Reporting System.

Students

Students include any individual currently enrolled for academic credit at UC Davis.

In addition to [PPM Section 380-18](#), University Policies Applying to Campus Activities, Organizations, and Students, available at <http://policy.ucop.edu/doc/2710530/PACAOS-100>, prohibits the manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of alcohol that is unlawful or otherwise prohibited by, or not in compliance with, University policy or campus regulations. The policy also prohibits the unlawful manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of controlled substances, identified in federal and state law or regulations.

Students living in residential facilities managed by Student Housing and Dining Services are also subject to the policies found in the *Guide to Residence Hall Life*, *The Guide to Student Housing Apartments (SHA)*, or *The Guide to Solano Park Apartments*, depending on the location of their residence. These guides can be found at <http://housing.ucdavis.edu/guides/>. Residents are advised of University drug and alcohol policies soon after they move in and throughout the year.

Registered Student Organizations (RSO)

RSOs are expected to comply with University policies regarding drug and alcohol use. The Center for Student Involvement (CSI) oversees registration for student organizations and the following information is provided during required orientation to designated RSO leaders and is included in CSI policies and guidelines:

UC Davis strives to maintain a campus free from the illegal use, possession or distribution of controlled substances. Manufacture, sale, distribution, dispensing, possession, or use of alcohol and controlled substances by University students and employees on University property, at official University functions, or on University business is prohibited (except as permitted by law), University policy and campus regulations. Students violating these policies are subject to disciplinary action, including Suspension or Dismissal from the University, and may be referred for criminal prosecution and/or required to participate in appropriate treatment programs.

All state laws regarding alcohol and drug use apply on campus, as it is not a “sanctuary” from state law. All drugs made illegal by state and federal law are also prohibited by University policy.

A [Permit to Serve Alcoholic Beverages](#) is required for a group to use alcohol at a campus function. Campus departments and organizations may request permission to hold a group-sponsored event at which alcoholic beverages are served.

[University policy](#) allows the use of alcoholic beverages on campus at group events under conditions that:

- reasonably protect the interests of the University;
- reduce the liability of the University;
- indicate that alcohol is incidental to the program being presented;
- prevent over-indulgence; and
- support the laws related to alcohol use.

Decisions to approve or deny alcohol use on University premises are reached after an examination of specific event characteristics. Permits are not issued when either a single or a combination of characteristics creates adverse conditions for the University. In some cases special requirements may be imposed on an event to create an acceptable situation.

CES Alcohol Permit Approval Guidelines

A number of [planning characteristics](#) are evaluated by Conference and Event Services whenever a request is made to serve alcoholic beverages on University premises.

Student Housing

UC Davis houses over 6000 students within on-campus residence halls and on- and off-campus apartments. Students are advised of expectations around drug and alcohol use at Opening Floor Meetings when they move in as well as by Community Assistants and through their housing contract. Throughout the year, Community Assistants occasionally coordinate programs with Health Education and Promotion to further educate residents about alcohol and drug use.

The UC Davis *Guide to Residence Hall Life* includes the following policies:

- Alcohol—Students under 21 may not possess, consume, distribute, manufacture, or otherwise use alcohol in violation of state law or University policy. Residents who are 21 or older are permitted to drink in their assigned room/suite with the door closed provided no individuals under 21 years of age are present. Students under 21 may not be in the presence of alcohol regardless of whether they are consuming alcohol. Bulk quantities (i.e., quantities that could not reasonably be consumed in a single sitting by the individual(s) present), games or devices used for the rapid consumption of alcohol, and common containers (e.g., kegs, punch bowls, trash cans) are prohibited. Students may not be intoxicated in any Student Housing building.
- Drugs—Unlawful possession, use, manufacture, or distribution of any controlled substance is prohibited. Possession of a medical marijuana card does not permit possession or use of marijuana. Disruption as a result of drug use (including smelling of marijuana), or being under the influence of any drug is prohibited.
- Smoking—Smoking and tobacco use are not permitted anywhere on University property, including in any Student Housing buildings or dining facilities and surrounding outdoor areas. Smoking includes the inhaling, exhaling, burning, or carrying of any lighted or heated tobacco product, as well

as smoking substances that are not tobacco, or operating electronic smoking devices or other smoking instruments. Tobacco use includes inhaling, smoking, chewing, dipping, or any other assimilation of tobacco products.

In addition to housing first year students in the residence halls, Student Housing operates one campus apartment complex, the Solano Park Apartments, which is available to full-time students with children. The following policies, found in *The Guide to Solano Park Apartments*, apply to Solano Park residents:

- Alcohol — Residents and visitors must abide by state and university regulations relating to alcohol. No alcohol is permitted in public areas (i.e., grounds, parking lots, laundry rooms). Alcohol delivery by outside vendors is prohibited. Behavioral problems while under the influence of alcohol or any other substance will not be tolerated and may be subject to disciplinary action. Alcohol may be consumed in the community center only after an alcohol permit has been granted in accordance with guidelines published in *The Guide to Solano Park Apartments*.
- Drugs — The possession, use, cultivation, distribution, manufacture or sale of illegal drugs/substances, or narcotics, is prohibited as defined by law and is prohibited on university property.
- Smoking — Smoking and tobacco/marijuana use are not permitted on University property or in any Student Housing building or dining facility. Smoking is prohibited on apartment balconies regardless of the location of the apartment complex. Smoking means inhaling, exhaling, burning, or carrying of any lighted or heated tobacco/marijuana product, as well as smoking substances that are not tobacco/marijuana, and operating electronic smoking devices and other smoking instruments. Tobacco/marijuana use includes inhaling, smoking, chewing, dipping, or any other assimilation of tobacco/marijuana products.

Student Housing also houses first year transfer students in apartments in six complexes in the city of Davis. The following policies, found in the *Guide to Student Housing Apartments (SHA)*, apply to Student Housing Apartment residents:

- Alcohol — Students under 21 may not possess, consume, distribute, manufacture, or otherwise use alcohol. Bulk quantities (i.e., quantities that could not reasonably be consumed in a single sitting by the individual(s) present), games or devices used for the rapid consumption of alcohol, and common containers (e.g., kegs, punch bowls, trash cans) are prohibited. Students may not be intoxicated so as to cause a disruption or otherwise draw attention to themselves.
- Drugs — Unlawful possession, use, manufacture, or distribution of any controlled substance is prohibited. Possession of a medical marijuana card does not permit possession or use of marijuana. Disruption, including selling of marijuana, as a result of drug use is prohibited, as is being under the influence of any drug.
- Smoking — Smoking and tobacco use are not permitted on University property or in any Student Housing building or dining facility. Smoking is prohibited on apartment balconies regardless of the location of the apartment complex. Smoking means inhaling, exhaling, burning, or carrying of any lighted or heated tobacco product, as well as smoking substances that are not tobacco, and operating electronic smoking devices and other smoking instruments. Tobacco use includes inhaling, smoking, chewing, dipping, or any other assimilation of tobacco products. Smoking or tobacco use within 25 feet of any building entry, courtyard, stairway, passageway, pool area, patio, balcony, or operable

window is considered a violation of Student Housing policy. Visit the [University Policy](#) webpage on the [Breathe Free UC Davis](#) website for the campus policy and resources.

Substance Free Community

To further support residence hall compliance with state laws regarding alcohol and other drugs, Student Housing and Dining Services created the Substance Free Community for students who are committed to a lifestyle without any use of alcohol or other substances. Residents of the Substance Free Community agree to refrain from the use of tobacco, alcohol and illegal drugs, and to practice a healthy lifestyle. Participants plan and host substance-free events, programs, and activities. Students participating in this program are required to sign the Substance Free Community Living Agreement. In 2018-19 and 2019-20, 217 and 174 residents lived in the Substance Free Community, respectively.

As a condition of residency in the Substance Free Community, students sign and abide by the following conditions stated in the Community Living Agreement:

I understand that the possession and/or use of alcohol, tobacco, and illegal drugs is not permitted in the community.

Although my activities off-campus are not governed by this agreement, I understand that if I choose to use alcohol, tobacco, or other drugs off campus, my behavior must not be disruptive to or negatively impact the community when I return to my room. I understand that any guests I invite to the community must comply with the conditions of this agreement. I also understand that I can be held responsible for the actions of my guests should they be disruptive or violate the conditions of living in the community.

I understand that residents and staff share joint responsibility within the community for complying with and enforcing the expectations of this agreement.

I understand that under the terms of the contract I signed with Student Housing, I may be relocated from the Substance Free Community to a different residence hall community if I fail to abide by Student Housing policy and the conditions outlined in this agreement.

A student's signature to the Community Living Agreement signifies they are committed to the concept of a Substance Free Community and agree to work toward the goal of the community as stated above.

Intercollegiate Athletics (ICA)

In addition to complying with campus policies, UC Davis Intercollegiate Athletics students and employees must also comply with departmental specific policies and procedures addressing alcohol and other drugs, included those found in the Student Athlete Handbook:

Alcohol, Drug, and Tobacco Use

No alcohol or drugs are allowed at team functions sponsored or endorsed by UC Davis Athletics. An official team function is any event in which team members are requested to participate and/or the coach is present.

If there are any doubts about the applicability of this policy, the Director of Athletics should be consulted. The only exception to this policy is when alcoholic beverages are served during UC Davis Athletics special events, when consumption of alcoholic beverages is governed by campus policy.

UC Davis is a member of the NCAA and will adhere to all drug policies as established and published in the NCAA manual and on the current NCAA website. A partial list of banned substances is available in the Student-Athlete Outcomes office and in this student-athlete handbook. The list is subject to change and the institution and student-athlete shall be held accountable for all banned drug classes on the current list.

The most current list of banned substances is located on the NCAA website at <http://www.ncaa.org/sport-science-institute/topics/2019-20-ncaa-banned-substances>. All tobacco products are banned by the NCAA at all practices, contests, and team functions. Any student-athlete who violates the UC Davis campus drug and alcohol policy for all students will be treated like any other student. Violators of the NCAA and/or the UC Davis Athletics alcohol and drug policy will be required to meet with the sports administrator and head coach where appropriate disciplinary action may be assessed. In addition, the student-athlete may be referred to the Office of Student Support and Judicial Affairs for review. Punitive actions will be determined on a case-by-case basis under the guidance of the NCAA and UC Davis policies.

UC Davis is a smoke and tobacco free campus. All forms of tobacco – including but not limited to cigarettes, cigars, pipes, water pipes, electronic cigarettes, and all forms of smokeless tobacco – are banned. This policy applies to all University property including campus buildings, parking structures and lots, University vehicles, open spaces, grounds, and off-campus University-owned or leased residential facilities. For more information, see <https://healthy.ucdavis.edu/smoke-tobacco-free>.

Responsibility of Student-Athlete Hosts

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Intercollegiate Athletics strongly encourages student-athletes to participate as hosts. As a host, the student-athlete will be considered a representative of UC Davis and carry a great responsibility in hosting prospects. Failure to abide by UC Davis, NCAA, and the State of California rules could result in disciplinary action to the host, and/or subsequent loss of eligibility for the prospect. The drinking age in the state of California is 21. Therefore, no alcohol should be served to an underage recruit at any time. Each host is expected to have emergency information (coach's home and office phone numbers as well as parental information). Friends or roommates who entertain the prospect should also have this information. Under some circumstances a host may be given money to entertain the prospect. This money is for entertaining the prospect only and must not be given to the prospect. Hosts are entitled to one complimentary ticket per athletic event when accompanying the prospect; this ticket must not be sold or given to anyone else.

Acting as a student host is an important service to the institution and the department of athletics. Appropriate conduct is required of hosts by institutional, conference and NCAA standards:

- The host must be a student-athlete enrolled full-time (seniors in their final quarter who are certified eligible are also permitted to serve) at this institution. If the host is a freshman student they must be a NCAA Qualifier.
- Only the host shall be provided money with which to entertain only the host, the prospect, the prospect's parents (legal guardians) or spouse. Other students may assist with hosting the prospect but shall pay for their own entertainment. Meal cards are to be used by the host and the prospect only during the official visit. Any unused cards must be returned to the host's coach immediately.
- A maximum of \$40 for each day (24-hour period) of the visit (maximum of \$80 for two 24-hour periods) may be provided to cover the entertainment expenses of both the host and the prospect.

The host may be provided with an additional \$20 per day for each additional prospect entertained by the host.

- No cash may be given to the visiting prospect or anyone else. Receipts must be kept and submitted for all expenses.
- The host may not use entertainment funds to purchase, or otherwise provide the prospect with, gifts of value (e.g., souvenirs of clothing).
- The host may not use vehicles provided or arranged for by the institution staff member or booster of the athletics interest.
- The host may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
- The host should not allow recruiting conversations to occur, on or off campus between the prospect and a booster of the athletics program. (If an unplanned meeting occurs, only an exchange of greetings is permissible).
- The host may receive a complimentary admission (no hard tickets) when accompanying a prospect to a campus athletics event.

In regards to alcohol and other drugs, the host may not: 1) purchase, provide or supply in any fashion to a prospect; 2) personally consume while acting in the role of student host.

Drug Testing

The NCAA has approved year-round drug testing, *including summer*, in every sport. Before athletes leave campus in the spring, ICA Compliance Services will request their contact information for the summer. Student-athletes may be selected for drug testing even if they are in another state or country during the summer. The NCAA has made arrangements for testing sites around the world and will require student-athletes to report to a site in a city near them.

Drug testing happens very quickly. Student-athletes will be contacted by phone by a UC Davis athletics department staff member and given instructions. Typically they will report for drug testing 24 hours later. Failure to report for drug testing is considered the same as testing positive. A student-athlete who tests positive (all drugs except street drugs) is deemed ineligible for one year; that year is also counted as one of their four seasons of eligibility. A student-athlete who tests positive for a street drug will be withheld from competition for 50 percent of the season (at least the first 50 percent of all contests or dates of competition in the season following the positive drug test).

The NCAA maintains a list of banned drug classes and provides examples of banned substances in each drug class. The NCAA Banned Drug List can be found at www.ncaa.org.

Student-athletes are expected to notify their athletic trainer if they are taking any medications or supplements. Any nutritional supplement use may present risks to a student-athlete's health and athletic eligibility. The nutritional supplement industry is not regulated. In some instances, not all ingredients are listed on the product. Additionally, cross contamination of banned substances can occur at the factories where supplements are made. For more information on nutrition supplements, please refer to the Nutritional Supplements/Ergogenic Aids/Creatine Statement in the Student Athlete Handbook.

Research and Assessment

In order to better understand student behavior, UC Davis regularly surveys students regarding alcohol and other drug use. Based on the information obtained, the campus is better able to design and implement effective prevention strategies. Below are highlights from the executive summary of the survey results.

Spring 2019 American College Health Association–National College Health Assessment II

The American College Health Association–National College Health Assessment II (ACHA–NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors and administrators in collecting data about their students' habits, behaviors and perceptions on the most prevalent health topics.

UC Davis began administering the original ACHA–NCHA in 2000 with approval from the UC Davis Institutional Review Board. The ACHA–NCHA II now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health. The campus conducts the ACHA–NCHA II on a biennial basis to benchmark the health of the student population and guide the strategic planning process of the Health Education and Promotion department.

The revised survey, the ACHA–NCHA II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA–NCHA II and this revised survey, a number of questions have been modified, and new questions were added to monitor a variety of health constructs.

The ACHA-NCHA II survey was conducted during spring 2019 at UC Davis with 1409 responses for undergraduate students and 360 responses for graduate and professional students (12.7% response rate). If surveyed students had concerns about their health or well-being after taking the ACHA–NCHA II survey, a link with supportive services was provided in the invitation email. Students also had the opportunity to email the surveyors to provide input regarding campus health and wellness initiatives.

Portions of the Executive Summaries highlight results of the ACHA–NCHA II spring 2019 surveys for UC Davis undergraduate students and graduate and professional students related to alcohol, tobacco and other drug use/concerns are provided below.

UC Davis Undergraduate Students—Spring 2019

Tobacco, Alcohol, and Marijuana Use

The first five tables below show the reported use of alcohol and other substances by undergraduate students within the past 30 days compared to the students' perception of the typical use by students on the same campus. In all cases, perceived use of alcohol and other drugs was greater than reported use. The last line of each table combines all categories of use in the last 30 days. Unless otherwise stated, all values in tables are percentages.

Cigarettes	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	83.0	89.1	87.5	21.7	17.5	18.6
Used, but not in the last 30 days	10.7	7.5	8.4	18.6	16.4	17.1
Used 1-9 days	5.3	2.8	3.4	47.5	49.2	48.5
Used 10-29 days	0.3	0.2	0.2	9.7	11.9	11.3
Used all 30 days	0.6	0.4	0.4	2.5	5.0	4.5
Any use in the last 30 days	6.3	3.4	4.1	59.7	66.1	64.4

E-Cigarettes	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	81.4	86.9	85.6	15.4	12.8	13.7
Used, but not in the last 30 days	10.1	8.1	8.5	12.3	8.6	9.6
Used 1-9 days	5.0	3.2	3.8	50.0	46.2	46.8
Used 10-29 days	1.6	1.2	1.2	16.4	21.5	20.1
Used all 30 days	1.9	0.7	0.9	6.0	10.9	9.7
Any use in the last 30 days	8.5	5.1	5.9	72.3	78.6	76.7

Tobacco from a water pipe (hookah)	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	85.9	90.9	89.8	32.4	20.3	23.2
Used, but not in the last 30 days	12.2	8.0	8.9	19.8	20.4	20.5
Used 1-9 days	1.3	1.0	1.0	40.9	45.1	43.7
Used 10-29 days	0.3	0.1	0.1	5.7	11.8	10.3
Used all 30 days	0.3	0.0	0.1	1.3	2.4	2.4
Any use in the last 30 days	1.9	1.1	1.2	47.8	59.4	56.3

Alcohol	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	29.8	29.6	29.6	5.3	5.9	5.9
Used, but not in the last 30 days	21.9	18.1	19.1	2.5	2.1	2.4
Used 1-9 days	36.7	46.1	43.6	55.8	44.2	46.6
Used 10-29 days	10.3	5.9	7.0	26.0	38.9	35.9
Used all 30 days	1.3	0.3	0.6	10.3	8.8	9.2
Any use in the last 30 days	48.3	52.3	51.2	92.2	91.9	91.7

Marijuana	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	57.4	60.2	58.8	9.1	8.5	8.8
Used, but not in the last 30 days	16.3	18.3	18.0	6.6	2.4	3.6
Used 1-9 days	14.7	15.8	15.7	49.7	41.4	43.3
Used 10-29 days	7.2	3.5	4.6	25.2	35.9	33.3
Used all 30 days	4.4	2.2	2.9	9.4	11.8	11.1
Any use in the last 30 days	26.3	21.6	23.2	84.3	89.1	87.7

Drinking and Driving¹
0.8% of undergraduate students reported driving after having <i>five or more drinks</i> in the last 30 days, compared to 1.2% in 2017.
14.8% of undergraduate students reported driving after having <i>any alcohol</i> in the last 30 days, compared to 16.3% in 2017.

The table below shows estimated Blood Alcohol Concentration (eBAC) of college students reporting one or more drinks the last time they “partied” or socialized. Students reporting no drinks were excluded from the analysis. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher were also omitted from these figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they “partied” or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
<.08	72.8	64.8	66.6
<.10	81.5	74.2	75.8
Mean	0.06	0.07	0.07
Median	0.04	0.05	0.05
Std Dev	0.06	0.07	0.07

Reported number of drinks consumed the last time undergraduate students “partied” or socialized²	Male	Female	Total
4 or fewer	55.1	71.7	68.2
5	9.7	11.6	11.5
6	9.7	8.5	8.4
7 or more	25.4	8.2	11.9
Mean	4.99	3.51	3.83
Median	4.0	3.0	3.0
Std Dev	3.98	2.26	2.78

¹ Students responding “N/A, don’t drive or “N/A, don’t drink” were excluded from the analysis

² Only students reporting one or more drinks were included.

Reported number of times undergraduate students consumed five or more drinks in a sitting within the last two weeks	<i>Male</i>	<i>Female</i>	<i>Total</i>
N/A, don't drink	38.9	34.0	35.2
None	33.5	47.2	44.2
1-2 times	21.0	14.7	16.2
3-5 times	5.6	3.5	3.8
6 or more times	0.9	0.5	0.6

Undergraduate students who reported using prescription drugs that were not prescribed to them within the last 12 months	<i>Male</i>	<i>Female</i>	<i>Total</i>
Antidepressants	2.8	3.5	3.3
Erectile dysfunction drugs	1.3	0.8	0.9
Pain killer	5.3	4.1	4.6
Sedatives	2.2	1.9	2.2
Stimulants	6.3	3.7	4.4
Used one or more of the above	11.6	9.4	10.3

Undergraduate students reported doing the following <i>most of the time</i> or <i>always</i> when they "partied" or socialized during the last 12 months	<i>Male</i>	<i>Female</i>	<i>Total</i>
Alternate non-alcoholic with alcoholic beverages	35.4	44.1	42.3
Avoid drinking games	30.5	42.2	39.9
Choose not to drink alcohol	25.5	26.5	26.0
Determine in advance not to exceed a set number of drinks	46.7	53.6	52.0
Eat before/during drinking	81.2	82.6	82.3
Have a friend let you know when you have had enough	34.9	49.2	45.7
Keep track of how many drinks being consumed	66.3	76.3	73.8
Pace drinks to one or fewer per hour	21.7	38.2	34.3
Stay with the same group of friends the entire time drinking	76.4	89.7	86.7
Stick with only one kind of alcohol when drinking	39.0	51.8	48.4
Use a designated driver	76.8	86.1	84.2
Reported one or more of the above	94.3	96.4	96.0

Undergraduate students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol	<i>Male</i>	<i>Female</i>	<i>Total</i>
Did something you later regretted	33.8	30.4	31.0
Forgot where you were or what you did	30.0	24.3	25.3
Got in trouble with the police	2.6	0.9	1.2
Someone had sex with me without my consent	1.5	2.6	2.4
Had sex with someone without their consent	2.1	0.3	0.7
Had unprotected sex	17.7	17.4	17.5
Physically injured yourself	14.5	8.8	10.0
Physically injured another person	4.1	0.9	1.6
Seriously considered suicide	6.3	4.4	4.9
Reported one or more of the above	51.8	45.6	46.9

Undergraduate Student Trends

The trends in undergraduate student use of alcohol and other drugs are summarized below. In general, undergraduate students reported less consumption of tobacco and alcohol, but an increase in the use of e-cigarettes and prescription medication. Except where noted, comparisons are between 2015 and 2019 ACHA-NCHA II data.

Alcohol Consumption

- 8% increase in the percentage of undergraduate students who have never consumed alcohol (27.35% to 29.6%).
- 9% decrease in the percentage of undergraduate students who used alcohol at all in the previous 30 days (56.3% to 51.2%).
- 10% decrease in the in the percentage of undergraduate students who consumed >4 drinks in one sitting (i.e. binge drinking) (35.2% to 31.8%).
- 23.7% decrease in the percentage of undergraduate students who drove a vehicle after consuming any alcohol (19.4% to 14.8%).
- 53% decrease in the percentage of undergraduate students who drove a vehicle after consuming 5 or more alcoholic drinks (1.7% to 0.8%).

Tobacco and Marijuana Use

- 28% decrease in the percentage of undergraduate students who smoked tobacco cigarettes in the past 30 days (5.7% to 4.1%).
- 200% increase, from 2017 to 2019, in the percentage of undergraduate students who used e-cigarettes in the past 30 days (1.9% to 5.9%)
- 45% increase in the percentage of undergraduate students who used marijuana in the past 30 days (16% to 23.2%).

Prescription Drug Use

- 14% increase in the percentage of undergraduate students who used prescription drugs not prescribed to them in the past 12 months (9% to 10.3%).

- 2% increase in the percentage of undergraduate students who used prescription pain killers not prescribed to them in the past 12 months (4.5% to 4.6%).
- 2% increase in the percentage of undergraduate students who used prescription stimulants not prescribed to them in the past 12 months (4.3% to 4.4%).

UC Davis Graduate and Professional Students—Spring 2019

Tobacco, Alcohol, and Marijuana Use

The first five tables below show the reported use of alcohol and other substances by graduate and professional students within the past 30 days compared to the students’ perception of the typical use by students on the same campus. Similar to undergraduate students, perceived use values were consistently higher than reported use values. The last line of each table combines all categories of use in the last 30 days. Unless otherwise stated, all values in tables are percentages.

Cigarette	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	75.0	82.6	79.5	22.7	19.1	20.1
Used, but not in the last 30 days	22.3	14.3	17.1	19.1	19.6	19.2
Used 1-9 days	0.9	0.9	1.4	47.3	49.1	49.4
Used 10-29 days	0.9	1.7	1.4	6.4	9.6	8.2
Used all 30 days	0.9	0.4	0.6	4.5	2.6	3.1
Any use in the last 30 days	2.7	3.0	3.4	58.2	61.3	60.7

E-Cigarette	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	88.5	92.2	90.3	21.1	16.2	17.3
Used, but not in the last 30 days	7.1	6.5	7.2	13.8	16.2	15.1
Used 1-9 days	0.9	0.4	0.8	46.8	48.9	49.4
Used 10-29 days	0.9	0.9	0.8	13.8	14.8	14.2
Used all 30 days	2.7	0.0	0.8	4.6	3.9	4.0
Any use in the last 30 days	4.4	1.3	2.5	65.1	67.7	67.6

Tobacco from a water pipe (hookah)	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	81.4	84.4	83.2	30.0	21.0	23.5
Used, but not in the last 30 days	17.7	14.3	19.3	19.1	27.1	24.6
Used 1-9 days	0.9	0.9	0.8	43.6	44.1	44.2
Used 10-29 days	0.0	0.4	0.3	6.4	6.1	6.2
Used all 30 days	0.0	0.0	0.0	0.9	1.7	1.4
Any use in the last 30 days	0.9	1.3	1.1	50.9	52.0	51.8

Alcohol	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	21.2	10.8	14.2	3.6	4.0	4.0
Used, but not in the last 30 days	7.1	10.8	9.8	1.8	0.4	0.9
Used 1-9 days	49.6	55.8	53.4	46.4	40.1	41.3
Used 10-29 days	19.5	21.2	20.7	40.9	50.7	47.9
Used all 30 days	2.7	1.3	2.0	7.3	4.8	6.0
Any use in the last 30 days	71.7	78.4	76.0	94.5	95.6	95.2

Marijuana	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
Never used	59.5	53.0	54.6	10.9	7.1	8.6
Used, but not in the last 30 days	20.7	22.8	21.8	5.5	4.9	5.1
Used 1-9 days	13.5	18.1	16.5	50.0	50.0	49.1
Used 10-29 days	4.5	3.0	3.9	31.8	31.9	31.4
Used all 30 days	1.8	3.0	3.1	2.7	6.2	5.7
Any use in the last 30 days	19.8	24.1	23.5	83.6	88.1	86.3

Drinking and Driving ³
0.0% of college students reported driving after having five or more drinks in the last 30 days, compared to 2.6% in 2017.
44.8% of college students reported driving after having any alcohol in the last 30 days, compared 36.0% in 2017.

The table below shows the estimated Blood Alcohol Concentration (eBAC) of graduate and professional students reporting one or more drinks the last time they “partied” or socialized. Students reporting no drinks were excluded from the analysis. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher were also omitted from these figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they “partied” or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Male	Female	Total
<.08	92.7	91.9	92.2
<.10	95.1	94.1	94.4
Mean	0.02	0.03	0.03
Median	0.00	0.02	0.02
Std Dev	0.03	0.04	0.04

³ Students responding “N/A, don’t drive or “N/A, don’t drink” were excluded from the analysis

Reported number of drinks consumed the last time students “partied” or socialized⁴	<i>Male</i>	<i>Female</i>	<i>Total</i>
4 or fewer	79.8	88.4	85.5
5	9.5	6.3	7.1
6	4.8	3.2	4.3
7 or more	6.0	2.1	3.2
Mean	3.02	2.73	2.84
Median	2.00	2.00	2.00
Std Dev	2.02	1.54	1.71

Reported number of times graduate and professional students consumed five or more drinks in a sitting within the last two weeks	<i>Male</i>	<i>Female</i>	<i>Total</i>
N/A, don't drink	30.1	15.5	20.8
None	48.7	70.0	62.2
1-2 times	17.7	12.4	14.2
3-5 times	2.7	2.1	2.5
6 or more times	1.3	0.0	0.3

Percent of graduate and professional students who reported using prescription drugs that were not prescribed to them within the last 12 months	<i>Male</i>	<i>Female</i>	<i>Total</i>
Antidepressants	3.5	5.2	4.7
Erectile dysfunction drugs	3.5	0.9	1.7
Pain killer	4.4	4.7	4.5
Sedatives	2.7	3.0	2.8
Stimulants	4.5	4.7	5.0
Used one or more of the above	11.5	11.2	11.7

⁴ Only students reporting one or more drinks were included.

Graduate and professional students reported doing the following <i>most of the time</i> or <i>always</i> when they “partied” or socialized during the last 12 months	<i>Male</i>	<i>Female</i>	<i>Total</i>
Alternate non-alcoholic with alcoholic beverages	45.2	48.5	48.6
Avoid drinking games	59.8	52.3	54.9
Choose not to drink alcohol	22.7	18.5	20.4
Determine in advance not to exceed a set number of drinks	54.8	41.7	45.6
Eat before/during drinking	87.1	87.3	87.0
Have a friend let you know when you have had enough	31.3	35.4	33.9
Keep track of how many drinks being consumed	79.1	77.6	78.2
Pace drinks to one or fewer per hour	47.1	58.9	56.0
Stay with the same group of friends the entire time drinking	92.9	92.9	92.8
Stick with only one kind of alcohol when drinking	49.4	52.5	51.7
Use a designated driver	72.6	87.7	83.1
Reported one or more of the above	97.7	100.0	99.3

Graduate and professional students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol	<i>Male</i>	<i>Female</i>	<i>Total</i>
Did something you later regretted	17.9	30.3	26.2
Forgot where you were or what you did	13.1	16.9	15.9
Got in trouble with the police	1.2	0.0	0.3
Someone had sex with me without my consent	0.0	2.1	1.4
Had sex with someone without their consent	0.0	0.0	0.0
Had unprotected sex	21.4	11.8	14.5
Physically injured yourself	4.8	4.6	4.8
Physically injured another person	2.4	0.0	0.7
Seriously considered suicide	3.6	1.0	2.1
Reported one or more of the above	38.1	38.5	38.3

Graduate and Professional Student Trends

Some of the trends in graduate and professional student use of alcohol and other drugs are summarized below. In general, graduate and professional students reported less consumption of tobacco and alcohol, but an increase in the use of marijuana and prescription medication not prescribed to them. Except where noted, comparisons are between 2015 and 2019 ACHA-NCHA II data.

Alcohol Consumption

- 33% decrease in the proportion of graduate and professional students who reported consuming alcohol every day for the previous 30 days (3.1% to 2.0%).
- 44% decrease in the proportion of graduate and professional students who consumed >4 alcoholic beverages in one sitting (i.e. binge drinking) (29.2% to 20.3%).

Tobacco and Marijuana Use

- 10% increase in the proportion of graduate and professional students who reported never using tobacco cigarettes (72.3% to 79.5%).
- 140% increase in the proportion of graduate and professional students who reported daily use of marijuana in the past 30 days (1.3% to 3.1%).

Prescription Drug Use

- 18.6% increase in the percentage of graduate and professional students who used prescription drugs not prescribed to them in the past 12 months (9.3% to 11.7%).

Smoking Prevalence

Smoking prevalence is relatively low among the UC Davis community. According to the 2019 UC Davis ACHA-NCHA II, 4.1% of UC Davis undergraduate students reported smoking a cigarette within the last 30 days compared to 5.4% in 2017 and 7.5% in 2013, before the UC Smoke and Tobacco Free Policy was established.

Education, Intervention, and Prevention

Many departments and offices at UC Davis are involved in educating and counseling students and staff about alcohol and other drug issues. In addition to campus resources such as Health Education and Promotion, Counseling Services, Academic and Staff Assistance Program (ASAP) and Student Health and Counseling Services (SHCS), UC Davis also provide students and employees with information about and referrals to the following support, education and/or treatment community resources: Alcoholics Anonymous, Al-Anon/ACOA (Adult Children of Alcoholics), Marijuana Anonymous, Narcotics Anonymous and local and regional treatment providers among others. Campus and community members also work together to implement environmental risk management strategies to reduce the harmful consequences of alcohol use.

Academic and Staff Assistance Program (ASAP)

The ASAP counseling center for faculty and staff offers confidential, no cost, assessment, intervention, consultation and referral services to all UC Davis and UC Davis Health employees and their immediate family members. Licensed clinicians and doctoral interns assist employees in the recognition, intervention and rehabilitation of alcohol and drug use and abuse concerns. Additionally, the ASAP staff will provide work reentry support after rehabilitation.

ASAP also assists staff and faculty members who might be concerned about a family member, friend, coworker or subordinate who might have alcohol or drug problems. The goal is to provide intervention as early as possible. ASAP also offers consultations with administrators, managers and supervisors who are concerned about employee substance use. ASAP is strictly confidential; no information about participation is released to anyone without written consent except when legally mandated. ASAP records do not appear in any departmental, central or personnel file.

For the period between July 1, 2018 and June 30, 2020, there were 30 client appointments and 12 departmental consults for issues relating to substance use and abuse.

Residents and Fellows

Margaret Rea, Ph.D., is the Director of Student and Resident Wellness. Her office provides preventive wellness programming and oversees the mental health services provided to the UC Davis medical and nursing students as well as the UC Davis Health residents and fellows. The programming, which includes wellness workshops, contains information on various topics regarding well-being including substance and alcohol use. Dr. Rea also provides information and support regarding connection to local and community-based resources. Information about her office and associated services is provided to all student and residents/fellows at orientation, at various other events during the academic year, and on the following websites:

https://health.ucdavis.edu/mdprogram/student_wellness/
<https://health.ucdavis.edu/nursing/academics/studentwellness/support.html>
<https://health.ucdavis.edu/gme/wellness.html>

Medical Staff Well Being Committee

The UC Davis Medical Staff Well-being Committee offers advice, recommendations, assistance and monitoring for physicians, residents and fellows at UC Davis Health. This group ensures that clinical providers with issues related to alcohol or substances that are offering patient care are monitored and placed on a treatment plan to help them safely carry out their patient care duties. Additional information is available at <http://www.ucdmc.ucdavis.edu/medstaffwellbeing/>.

Ombuds Office

The Ombuds Office assists faculty, staff, and students by providing a confidential, impartial, independent, and informal space to discuss conflicts and concerns, learn more about relevant campus resources and policies, and explore next steps for academic or work-related issues. In cases of alcohol and drug use, the Ombuds Office may point visitors to policies, talk through different paths forward, and refer visitors to other support structures or resources on campus that could be helpful to them. The Ombuds Office maintains strict confidentiality in order to create the safety for visitors to openly discuss issues and find meaningful solutions. However, in cases where there is imminent risk of serious harm, the Ombuds Office will ensure that an issue is formally reported to the appropriate office.

Smoking Cessation and Tobacco Self-Management Program

UC Davis Health offers a smoking cessation and tobacco self-management program for UC Davis employees and patients. For more information, staff can access information at the [Smoking Cessation Resources website](#). In addition, the UC system is committed to helping retirees quit smoking and there is a variety of smoking cessation resources available depending on the benefits program selected by the individual.

Student Health and Counseling Services (SHCS)

Alcohol, Tobacco and Other Drug (ATOD) Risk Reduction and Intervention programs, initiatives and services is addressed by two fulltime staff employed by Student Health and Counseling Services (SHCS): the ATOD Health Promotion Specialist housed in the Health Education and Promotion (HEP) department, and the ATOD Intervention Services Coordinator who is a part of SHCS Counseling Services.

The goals of UC Davis's ATOD Risk Reduction and Intervention initiatives are: 1) to reduce high-risk alcohol consumption and the associated negative consequences, and 2) foster a campus and community environment that promotes and supports low-risk drinking behaviors.

Implementation of a Strategic Plan and Annual Work Plans

The HEP department executed the deliverables for year three of the 2017-2020 Strategic Plan. The [2017-2020 HEP Strategic Plan](#) includes goals specific to risk reduction for ATOD concerns among students. Annual ATOD work plans include goals and objectives, and evaluation metrics are established and used to track progress. The HEP department uses the Spectrum of Prevention as a framework to identify and develop multidimensional approaches for effective prevention efforts. This approach identifies seven levels of intervention:

- Strengthening individual knowledge and skills
- Promoting community education
- Educating providers
- Mobilizing communities
- Fostering coalitions and networks
- Changing organizational practices
- Influencing policy

The ATOD Health Promotion Specialist directs programs that work toward preventing and reducing alcohol, tobacco, and other drugs issues in the student population and developing strategies to aid students in making informed decisions in these areas. This staff member is the campus lead for the Safe Party Initiative (see the Environmental Management section) that advocates for the use of environmental management strategies to reduce student intoxication and related harm. The ATOD Health Educator also chairs the Davis Alcohol and Other Drugs Advisory Group (DAODAG).

Educational Programs

Red Watch Band

The Red Watch Band (RWB) training program was developed in 2014–2015 and continues annually. RWB is an “upstander” intervention training around alcohol poisoning based on the national RWB Program, with elements borrowed from Step UP! bystander intervention. The goal of RWB is to empower students to make decisions, take actions and care for their peers during time-sensitive critical moments. The program gives students the skills to step up and potentially save a life in high-risk environments. This interactive program specifically targets high risk drinking and drinking culture. RWB is designed to provide students with the skills and knowledge to prevent drinking deaths. Optional CPR training is available to participants.

165 students signed up for the RWB Program during the 2018-2020 period, with over 100 students, or 61%, completing the program. Nearly 100% of the participants agreed that the workshop helps create a compassionate, caring and responsible campus community and that they can make a difference in another individual's life by acting as an “upstander.” Additionally, there was an 80% increase in the number of participants who could successfully name at least three signs of alcohol poisoning.

Aggies PARTNER

Student Health and Counseling Services, in partnership with UC Davis Athletics, was awarded a \$30,000 grant for a three year period (2019 – 2022) to implement well-being initiatives among student-athletes. The initiative, Aggies PARTNER (Preventing Alcohol Repercussions Through New Efforts and Relationships), will reach three goals by the end of the grant period:

- 1) Conduct a needs assessment to identify campus priorities around alcohol use, with a special emphasis on student-athletes, and to inform Aggies PARTNER efforts.
- 2) Develop, implement and evaluate a peer Athlete Guidance and Support (AGS) Ambassador Program to connect UC Davis student-athletes to alcohol and wellness resources and guide them toward healthy coping strategies to deal with the unique pressures of being student-athletes.
- 3) Empower student-athletes as role models to help develop and launch a campus-wide campaign focused on alcohol misuse prevention and social norming.

During the 2019 – 2020 academic year several objectives were met, including completion of a needs assessment, establishment of a peer-peer Athlete Guidance and Support (AGS) program, and implementation of several large events. Highlights from evaluation efforts include:

- Increased membership and team representation among AGS program
 - 35 members and representation from over 15 teams
- Launched Wellness workshop for teams (106 participants)
 - On pre-surveys, less than 50% of SA's could name mental health or alcohol related resources. On post surveys, over 70% could name resources available to them
 - From pre to post-surveys, there was an increase in confidence level to help a peer struggling with mental health or alcohol issues
 - Student-athlete quote: "I now feel more aware and confident in seeking help when dealing with mental health issues"
- Built social media presence and connection to resources
 - The account featured "Resource Mondays", "Tip Tuesdays" and InstaLives (e.g. with dietitian)

Over 100 student-athletes follow the account (>20% of UC Davis student athletes)

Smoke and Tobacco Free Ambassador Program

Breathe Free, in partnership with HEP, offered a Smoke and Tobacco Free Student Ambassador Program during the 2018-2019 academic year. The yearlong position involved peer-to-peer resource referrals and educational outreach opportunities. Students were trained in motivational interviewing and behavior change theory. They conducted weekly campus rounds in pairs or small groups in which they encouraged an environment of compliance with the smoke and tobacco free policy by approaching smokers on campus in a non-confrontational and conversational manner.

Alcohol Risk Reduction Programs for Sororities, Fraternities, and Other Student Organizations

Professional staff and/or peer educators deliver risk reduction programming to a variety of campus audiences. The following programs were offered during this reporting period:

Alcohol Risk Reduction	2018-19	2019-20
Number of Programs	5	6
Number of Participants	578	592

Educational Program Participant Evaluation Data

Listed below are the ATOD risk reduction and intervention services education programs conducted from July 2017 to June 2019. Participant evaluations reflect that overall participant satisfaction met a minimum threshold of 90% who were satisfied or very satisfied with the presentations. These statistics were compiled based on students marking “somewhat”, “moderately” or “a lot” in the selection categories:

PE 44: Healthful Living Course	2018-19	2019-20
Number of Programs	3	3
Number of Evaluations	145	145
The presenters were organized and well prepared	95.9%	96.8%
The material presented was practical	95.9%	97.9%
Alcohol Education Groups (Sanctioned Students)	2018-19	2019-20
Number of Programs	13	20
Number of Evaluation	64	159
The presenters were organized and well prepared	99.3%	98.7%
The material presented was practical	98.7%	98.7%
Special Transitional Enrichment Program (STEP)	2018-19	2019-20
Number of Programs	1	3
Number of Evaluations	237	300
The presenters were organized and well prepared	82.3%	90.5%
The material presented was practical	81.9%	87.7%

Education Mandates

eCHECKUP TO GO Self-Assessment

eCHECKUP TO GO is a brief self-assessment that provides students with accurate and detailed information about personal risk patterns; individual levels of alcohol tolerance; unique family risk factors; harm reduction strategies; and helpful resources at UC Davis and in the community. It is an online evidence-based alcohol intervention and personalized feedback tool designed to motivate students to assess their alcohol consumption and risk factors, and provides comparison data from other UC Davis students.

The program is tailored to the UC Davis community and provides students with several campus and community resources including SHCS, Center for Advocacy Resources and Education (CARE), Sutter Davis Hospital, City of Davis Police Department and Aggie RISE Recovery Group. In addition, this survey has been verified as a proven intervention that meets the criteria for a National Institute of Alcohol Abuse and Alcoholism (NIAAA) Tier 1 recommended approach in “Comparing Online Alcohol Prevention Education Programs A NASPA Panel (2011) & Independent Research Review (2012),” found at http://www.echeckuptogo.com/docs/NASPA_Panel_Compares_Programs.pdf.

All incoming students are asked to complete this survey as a part of their health requirements prior to their arrival on campus. For school year 2018-19, 1860 students completed the survey.

Online Alcohol Education via EverFi

Throughout the 2019 -2020 academic year, several Student Affairs representatives worked with EverFi, an online educational content provider, to negotiate a contract to provide AlcoholEdu to all incoming UC Davis students. AlcoholEdu is an interactive evidence-informed online alcohol education module. As of Fall 2020, all incoming UC Davis students will be required to complete AlcoholEdu. The contract also includes an 'Alcohol Sanctions' module that will be used for Registered Student Organizations who need to complete an alcohol education requirement.

Education Groups

Residents in campus housing and other students found in violation of campus alcohol policies are required to attend an educational program. The ATOD Intervention Services Coordinator leads the participants through a ninety-minute alcohol prevention and harm reduction program. The Education Group is free for all students and is conducted in a confidential and non-judgmental environment. The ATOD Intervention Services Coordinator follows up with the student if the student does not make the appointment by the deadline set by the Office of Student Support and Judicial Affairs (OSSJA) or Student Housing. If the student still does not make an appointment, the ATOD Intervention Services Coordinator notifies OSSJA or Student Housing and a hold is placed on the student's registration account until the student completes the sanction requirement.

Students take the BASICS survey prior to attending the education group. Students who complete this survey and fall into a high-risk category (i.e., receive a BAC of .25 or higher and/or if the original violation was for alcohol and marijuana or other drug use is reported) are flagged and asked to meet individually with the ATOD Intervention Services Coordinator in place of attending the education group.

In 2018-19, 64 students attended one of 13 education groups. In 2019-20, 159 students attended one of 20 education groups. Evaluations indicate participants found the groups to be effective and helpful. In 2018-2019 one marijuana education group was held with five attendees. Additionally, individual meetings were held with students who were not able to attend the education group meetings.

Sorority and Fraternity Life

As of Fall 2016, all sororities and fraternities are required to conduct alcohol education programs in order to re-register for the following academic year. Group attendance at programs must be above 70% in order to be in compliance. Sorority and Fraternity Life also started the new Recognition and Accreditation Program (RAP) that will evaluate organizations regarding multiple criteria including risk management, community education and member development. The office is also in development to create new member education that will also have an alcohol education component.

Intervention Services

Alcohol, Tobacco and Other Drug Intervention Services

ATOD Intervention Services works to empower students to make healthy and responsible choices concerning use of alcohol, tobacco and other drugs. No-use and low-risk behaviors are supported while the realities of the negative consequences of high-risk use are addressed. Strategies to reduce ATOD-related barriers to academic and social success are primary intervention goals.

In 2018-19, 429 students had individual and follow up meetings with the ATOD Intervention Services Coordinator, and in 2019-20, 536 students had individual and follow up meetings with the ATOD

Intervention Services Coordinator. These services include professional assessment and intervention services for ATOD concerns such as:

- Alcohol and other drug (AOD) assessment
- AOD intervention for self and others
- AOD training
- Group AOD education
- Individual risk reduction counseling
- Referral to treatment
- Smoking cessation

Note: While SHCS does not provide treatment, experienced staff assist students in accessing the resources that best suit their needs. Services and referrals are provided in collaboration with Counseling Services (CS) and SHCS medical staff.

Brief Screening and Intervention for College Students (BASICS) Assessment

This assessment is designed to assist students in examining their drinking and other drug behavior(s) in a judgment-free environment. The National Institute for Alcohol Abuse and Alcoholism (NIAAA) 2002 Task Force members found strong research evidence to support BASICS for individual problem, at-risk, or alcohol-dependent drinkers, ranking the program in Tier 1 for effectiveness among college students (http://www.collegedrinkingprevention.gov/NIAAACollegeMaterials/TaskForce/CallToAction_02.aspx#CallToAction_02_a). Additionally, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized BASICS as an evidence-based indicated prevention strategy. Students select their goals to reduce risky behaviors and the harmful consequences of drinking or using other drugs. Some students attend BASICS to fulfill a requirement as a result of an alcohol or marijuana-related offense, while others participate because they would like to learn moderation strategies to reduce negative consequences from drinking or using marijuana.

Part 1: Students can expect to complete an assessment of their alcohol, marijuana, or other drug consumption patterns, history and related issues. This assessment is completed before students meet with the ATOD Intervention Services Coordinator. The assessment is completely confidential.

Part 2: Personalized feedback is provided based on assessments during a confidential individual meeting with the ATOD Intervention Services Coordinator and focuses on ways the student might choose to reduce future health, social, and legal risks. Students meet with the ATOD Intervention Services Coordinator for a 60-minute individual conversation based on the results of the BASICS Survey if any of the following occur:

- The student has gone to the hospital for an alcohol transport.
- The student was involved with any other drugs.
- This was the student's second alcohol/drug violation.
- Students were unable to attend the education group and choose to meet individually.
- Providers at SHCS referred the student.

Some students self-refer and make an appointment for an assessment (less than 1% of all clients seen by the ATOD Intervention Services Coordinator are self-referred). During the individual initial assessment,

the ATOD Intervention Services Coordinator goes over the student's BASICS results. During 2018-19 and 2019-20, 30 days after the initial individual meeting, a follow up survey was sent to students who met individually with the ATOD Intervention Services Coordinator via e-mail. The students who completed and returned the follow up survey indicated that completing the assessment and meeting with the ATOD Intervention Services Coordinator was a positive experience.

The ATOD Intervention Services Coordinator follows up with students who do not make an appointment by the designated date set by OSSJA or Student Housing. If the student still does not make an appointment, the ATOD Intervention Services Coordinator notifies OSSJA or Student Housing and a hold is placed on the student's registration account until the student completes the sanction requirement.

Smoking Cessation

Free, individual tobacco cessation services are available from the ATOD Intervention Services Coordinator. Available services include medication obtained through SHCS (SHCS) health care providers, biofeedback, and individual cessation counseling. The ATOD Intervention Services Coordinator works closely with SHCS clinicians to prescribe and oversee the appropriate medication.

During the 2018-19 academic year, the ATOD Intervention Services performed 37 individual smoking cessation sessions. In the 2019-20 academic year, 17 students met for individual smoking cessation appointments.

Naloxone Availability

The SHCS Pharmacy received required training and began carrying naloxone (Narcan) in November 2017. The medication is available for students struggling with opioid use, or for students who have a friend/family member struggling with opioid use. Students complete a consultation and are instructed on how to recognize overdose and safely administer the Narcan. The Student Health Insurance Plan (SHIP) covers the prescription with a copay. For more information, visit <https://shcs.ucdavis.edu/naloxone>.

Support Services

Collegiate Recovery Group AGGIE RISE (Recover, Inspire, Support, & Empower)

In 2015, California Aggies in Recovery (CAIR) was founded, and in 2016, the group name was changed to Aggie RISE. Members attend collegiate recovery conferences, staff tabling events, recruit new members and plan alcohol free, late night social events on campus. Aggies RISE members developed a Facebook page where members communicate with each other and promote their meetings and activities with the goal of acting as a peer support group for students in recovery. The group meets every Friday in the Student Community Center, and in the past two years have co-sponsored many Late Night Events.

Resources for Medical Students

The Office of Student Wellness acts as a triage point for medical students having issues with alcohol and substance dependency. The office coordinates the various resources available to students. Medical students may receive treatment by SHCS staff. The group also provides education, podcasts and wellness workshops on the issue of alcohol and substance related issues. Information regarding Student Wellness Services is presented to the students via student listservs and during student orientation. The Graduate Student Wellness website is at http://www.ucdmc.ucdavis.edu/mdprogram/student_wellness/.

Alcohol and Other Drug Treatment Referrals

The ATOD Interventions Services Coordinator works closely with students who struggle with alcohol and other drug issues. There are facilities where students can be admitted for outpatient care, where the individual can continue in school while attending evening group and individual counseling sessions; and inpatient care, where the student leaves school to complete a residential treatment program. In 2018-19, 5 clients were admitted to outpatient care and 3 admitted for inpatient care. During the 2019-20 academic year, 3 were admitted to outpatient care and 7 were admitted for inpatient care. During and after admission, the ATOD Intervention Services Coordinator communicates with the care facilities to coordinate follow up with students who have completed the treatment program.

Campaigns and Campus Outreach

Safe Party Website

The Safe Party website (<http://safeparty.ucdavis.edu/>) was the first responsive, cross-platform web design published within the University of California system and offers users mobile, tablet and desktop formats. The site features student-friendly information around alcohol, safe partying practices, navigating consent while drinking, and more. The website was overhauled and completely revamped in 2019 to display user-friendly navigation and a modern look and feel. From Fall 2018 through Spring 2020, there were 15,828 page views and over 25,000 page views on the Safe Party website. In June 2019, a Safe Party Instagram account was created to help disseminate Safe Party messages and the account had nearly 1,000 followers after one year.

During the 2018 – 2020 period, several additions were made to the website, including:

- Over 30 new pages under two major new tabs: ‘Other Drugs’ and ‘Upstander’. Pages feature how to help out a friend in an overdose situation, cannabis information and prescription drug information.
- Launched the [Party On](#) campaign featuring information on navigating consent while drinking. Please see Party On section below for more information,

Aggies Act

Adopted in Fall 2017, Aggies Act is a new UC Davis protocol that removes barriers when students seek help in potentially life-threatening situations involving alcohol and other substances. It is both a Good Samaritan and Medical Amnesty program, encouraging a shared responsibility among UC Davis students. This protocol removes punitive sanctions for first time offenders involved with an alcohol or other drug infraction on campus, for both the person making the call and the person experiencing the medical emergency.

The campus community strategy after implementing Aggie Act was twofold:

1. Educate students about the signs of alcohol poisoning, and
2. Encourage students to seek help if a friend or acquaintance might be experiencing an overdose.

Each year, two or three annual Aggies Act outreach activities are conducted and 150+ pledges are signed.

The Aggies Act pledge states:

I pledge to help my friend by calling 911 or a Resident Advisor if I suspect they are suffering from alcohol poisoning or a drug overdose.

The Aggies Act protocol was evaluated using testing conducted one year prior to implementation and one year after implementation. The testing efforts included:

- Pre (n= 189) and post (n=157) implementation surveys with randomized samples (n = 1,250)
 - 69% of students from the post survey called for help when concerned about a friend with alcohol poisoning versus 50% in the pre survey.
- Scenario Vignettes (n=300; 100 students randomly assigned to each scenario)
 - Students who received a scenario where their friend would get in trouble were less likely to report calling for help. This result was statistically significant when compared to the group that was assigned a scenario where students who called for help would not get in trouble.
 - Knowledge of the signs of alcohol poisoning was a statistically significant variable for likelihood of calling for help
 - When asked why students wouldn't call for help, 59.5% of free responses mention 'trouble,' 'consequence,' or 'punishment.' None of these words were used in the vignette.
- Pre- and post-policy implementation focus groups
 - Students gave input on how to communicate and publicize the policy
- Policy user questionnaire
 - All students who used the protocol and filled out the questionnaire agreed or strongly agreed that the process, staff interactions and overall experience were positive.

The following conclusions were drawn.

- Similar to students nationally, UC Davis students fear potential repercussions for calling for help for a friend when alcohol or other drugs are involved
- Students need awareness of Aggies Act as well as awareness of the signs of alcohol poisoning
 - Both of these factors are significantly associated with a student's willingness to call for help
- Emergency calls for alcohol overdose have been decreasing among first year students living on campus, and more students are choosing to use appropriate channels when calling for help
- Students are reporting extremely positive interactions with Housing, OSSJA, and SHCS after going through the Aggies Act process

The assessment efforts clearly highlighted students' reasons for failing to call for help. This knowledge reinforces the rationale behind the protocol – that if the university can remove known barriers to calling for help in a live threatening situation – we have the obligation to do so. Below are recommendations based on the assessment and best practices from the literature; these recommendations were shared with campus stakeholders and leadership.

- UC Davis should take a multi-faceted approach to address substance overdose on campus
 - The Aggies Act cannot stand alone; multiple barriers need to be addressed, e.g. education around the signs of alcohol poisoning
- The protocol should be clearly stated and consistently implemented
 - If this does not occur, students will cease to trust the policy and the policy will be undermined by student word-of-mouth
- The Aggies Act needs to be well publicized

- The university should take measures to institutionalize the protocol; education alone will never reach all of our students

Party On Campaign

It is estimated that somewhere between 50-75% of sexual assaults on college campuses involve alcohol or other drugs. Education around sexual assault and alcohol are often mutually exclusive of each other. However, as stated by Hoxmeier, Flay and Acock (2016), “given the intersection of alcohol and sexual assault risk, it may benefit sexual assault prevention and alcohol risk-reduction programming at the college level to collaborate efforts and integrate messages of both public health issues in an effort to increase the effectiveness of sexual assault prevention programming.”

Campaigns about consent in the higher education setting often exclude nuanced discussions about how to establish consent in situations that involve alcohol. UC Davis noticed a large increase (2019 ACHA-NCHA II) in the number of students who reported having unprotected sex while under the influence of alcohol. In turn, the Party On campaign was developed over a two-year period, in partnership with the Center for Advocacy, Resources, and Education (CARE), and in consultation with the UC Davis Title IX office. The campaign was piloted through a series of student focus groups and formally launched in 2019. It features a harm-reduction approach to promote affirmative consent, safer sex and safe partying.

The campaign lives on the Safe Party website. The three main components are tips (e.g., “Party On with Consent,” “Party On with a Plan”); a guide to navigating consent while drinking; and data. More information can be found at safeparty.ucdavis.edu/sex

Watch Your BAC (WYB) Campaign

The Watch Your BAC Campaign was developed in 2014 and launched in 2015. The campaign focuses on blood alcohol concentration (BAC) and encourages students to “stay in the gold zone” (a BAC under 0.08). The Safe Party website is home to the Watch Your BAC Campaign where students can find personal BAC charts and BAC tips. BAC cards and BAC magnets were designed and given out at promotional events throughout 2018-2020. There were six WYB educational events in 2018-19 and three WYB educational events in 2019-2020.

RADD (The Entertainment Industry's Voice for Road Safety)

During the 2018-2020 period, the ATOD risk reduction team continued as an active partner of the California RADD (The Entertainment Industry's Voice for Road Safety) designated driver (DD) campaign. HEP worked with establishments in the city of Davis and the RADD Coalition to provide incentives for students choosing to be the DD. Twenty Davis establishments were RADD Rewards Partners from 2018-20. This program encourages students to think about having a plan for getting home safely when they leave a bar. It includes outreach at high profile campuswide events and environmental management approaches to improving road safety in relation to alcohol use.

More information about the UC Davis RADD rewards programs can be found at <https://safeparty.ucdavis.edu/transportation> or radd.org

Think Before You Drink and Drug Campaign

The Think Before You Drink and Drug campaign is intended to build awareness around mixing alcohol with other substances and the dangers of sharing prescription medications. Formative research, student focus groups and a pilot campaign took place from 2016-2017 and the full campaign was launched in 2018. The three core campaign messages focused on drug interactions; peer pressure and social norms;

and misconceptions that prescription drugs are harmless. More information is available at <https://shcs.ucdavis.edu/mixing>.

Community Connections

In spring 2013, the Yolo County District Attorney's Office started Neighborhood Court (NHC). NHC is a Restorative Justice Program initiated by the Yolo County District Attorney's office, in cooperation with the Davis and UC Davis Police Departments, to address nonviolent and low-level crimes through community-based solutions to swiftly redress the harm caused by these offenses outside the traditional criminal justice system.

A Restorative Justice Program strengthens neighborhoods that are impacted by criminal activity in four ways:

- Restore Victim
- Restore Community
- Restore Offender
- Educate Offender

This voluntary pre-charging diversion program is an alternative to the traditional criminal court. The offender participates in a facilitated conference with community members to resolve their case through an agreement between the participants. Referrals to the ATOD Intervention Services Coordinator at SHCS can be included in the agreement for participating UC Davis students. The agreement will specify a period of time during which the student is subject to the counseling guidance of the ATOD Intervention Services Coordinator. NHC provides the ATOD Intervention Services Coordinator with a copy of the agreement and all relevant police reports. The ATOD Intervention Services Coordinator determines the counseling needs of the UC Davis student during the period of the agreement with which the UC Davis student is then obligated to comply. The ATOD Intervention Services Coordinator notifies NHC when the student completes the agreement. In 2018-19 and 2019-20, 15 and 7 students, respectively, were referred to and met with the ATOD Intervention Services Coordinator.

Environmental Management

The UC Davis and City of Davis communities have made strides to work together, to create the safest and healthiest environments for students, faculty, staff and community residents. While offering resources for students on an individual level, there have been many efforts to develop environmental management strategies focusing on creating safer party environments by building a closer sense of community between students and neighbors, promoting safety at parties and continued enforcement of alcohol-related laws and policies.

Safe Party Initiative

The Safe Party Initiative, launched in 2005 and continuously adapting, aims to reduce problems related to college student drinking occurring at parties in the Davis community. This initiative is a collaborative effort between the City of Davis and UC Davis. It was initially supported by the Prevention Research Center, with funding from the National Institutes for Alcohol Abuse and Alcoholism (NIAAA). UC Davis was one of seven intervention campuses asked to develop a coordinated campus community strategy for reducing high-risk drinking and resultant problems.

The American Journal of Preventative Medicine article, titled “Alcohol Risk Management in College Settings: The Safer California Universities Randomized Trial,” summarizes the efficacy of this approach in significantly reducing intoxication at off-campus parties and bars/restaurants.

Social Responsibility Practices

Annually, Safe Party campaign partners utilize media strategies and informational materials to inform students of the ongoing campus and city commitment to reduce high-risk drinking and associated problems. For example, HEP partners with local apartment managers, property managers and Student Housing to provide digital Safe Party materials to incoming students and new residents.

The Safe Party website offers college “party throwers” and “party goers” strategies to communicate with neighbors, ways to help a friend in an emergency, and free options to make it home safely after a night out.

Neighborhood Community-Building Practices

There is a focus on creating and expanding neighborhood networks to improve communications and relations among student and non-student neighbors and setting a community expectation of responsible partying. Davis Neighbors’ Night Out (DNNO) is an annual fall block party event located in individual neighborhoods that encourages Davis residents to meet each other with the goal of increasing communication and neighborliness. The City of Davis continues to take the lead in organizing the planning committee and events surrounding DNNO.

Law Enforcement Policies and Programs

The Safe Party Initiative fosters partnerships with the UC Davis Police Department and City of Davis Police Department to address student alcohol use. Special attention is given to promoting awareness of community policies and infractions during the first six weeks of fall quarter. These policies and programs include the Social Host Liability Ordinance, Open Container Ordinance, and Minor Decoy Program, which allow law enforcement partners to intervene with intoxicated party guests before public behaviors escalate.

Fall Patrols

UC Davis and the City of Davis Police Departments partner during the first five weeks of the school year to provide extra joint and individual patrols to enhance community safety and reduce alcohol-related problems. Officers work to assure neighborhood and traffic safety through enforcement of DUI, minor in possession, and other alcohol use laws and ordinances. The police are available to intervene with intoxicated party guests before public behaviors escalate to violence or vandalism.

Partners of the Safe Party Initiative work together to set the tone for the academic year and publicize the Fall Patrol period. During the 5-week period, HEP works with the City of Davis Police Department and UC Davis Police Department to increase visibility of the Fall Patrol efforts:

- The Vice Chancellor--Student Affairs and the Mayor of the City of Davis sent out a joint email to all students regarding Fall Patrols, accessing the Safe Party website, and Davis Neighbors’ Night Out to share the communities’ commitment to promoting health and safety.
- Campus-wide LCD screens advertised Safe Party messaging during Welcome Week.

- Students and officers from the City of Davis Police Department developed student-centered tweets and Instagram messages to encourage safe transportation, increase recognition of the four signs of alcohol poisoning, and provide tips on partying safely.
- In Fall 2018, the Safe Party website alerted students that there were extra police on patrol in Davis during the first weeks of the school year.

The City of Davis Police Department and UC Davis Police Department conducted their Fall Patrols during the first five weeks of school on Thursday, Friday and Saturday nights from 10:00 p.m. until 2:00 a.m. The Safer California Universities study found that interventions including social host ordinances, increased media attention regarding enforcement operations, and particularly the implementation of party patrols, resulted in significantly reduced rates of student intoxication.

Fostering partnerships between law enforcement personnel and college health promotion professionals is a proven environmental management strategy to reduce the incidence and likelihood of intoxication at off-campus parties and bar and restaurant settings.

UC Davis and Community Initiatives for Picnic Day 2019

Picnic Day, traditionally held in April, is UC Davis's annual open house that showcases the richness of diversity and achievement at UC Davis and the surrounding community. Picnic Day attendance averages 75,000 and involves 100+ campus departments, 145 student organizations, 60 community groups and 400+ volunteers. Several prior recommendations to promote community health and safety continued to be implemented for Picnic Day 2019. Picnic Day was not held in 2020 due to suspended campus operations in response to the novel coronavirus.

Advertising and Publicity

Starting in 2011 and continuing through 2019, Picnic Day organizers limited the advertising channels and markets where the event was promoted to minimize out of region visitors to the event. The practice of sending news briefs to all regional news agencies was eliminated and a targeted approach was developed to inform alumni, families and the local community of the event. In addition, enhancement of promoting Picnic Day as a family-friendly event where no alcohol is permitted continued to be implemented.

Letter to Students

Each year a letter is sent via email to all students prior to Picnic Day that outlines information about the event and safe celebrations, expectations for behavior, and resources that are available to supports students. The letter is signed by leaders from Picnic Day, ASUCD and the Student Affairs Vice Chancellor and Associate Vice Chancellor.

Picnic Day Pledge

The Picnic Day Pledge was initiated in 2011 and students were asked to sign the pledge in 2019. More information on Picnic Day can be found at <https://picnicday.ucdavis.edu>. In 2019, 680 students, staff and community members signed the pledge.

Letter to Apartment Management

The City of Davis's City-UC Davis Student Liaison Commission and HEP asked apartment managers, property managers and neighborhood associations in Davis to remind their residents about laws in Davis that would be enforced on Picnic Day, tips for responsible drinking, and clauses in their leases relating to maximum number of guests, guest parking and noise control. The Commission developed a Picnic Day letter that was sent to residents and posted in common areas.

Sorority and Fraternity Life Involvement

The Office of Sorority and Fraternity Life and individual fraternities and sororities continue to play a significant role in the success of Picnic Day. Fraternity and sorority chapters adopted a community covenant that outlined expectations and their support for appropriate behavior on Picnic Day. A downtown post-Picnic Day clean up conducted by sorority and fraternity members continued in 2019.

Enhanced On-Campus and Community Safety

Several efforts were made to ensure a safe environment for all participants. Picnic Day board members were trained to identify suspicious behavior and report instances of discrimination or bias. The Emergency Operation Center provided a coordinated effort with various campus administrators to quickly address any emerging issues.

Ongoing Patrols

The UC Davis Police Department and City of Davis Police Department maintained prior year staffing levels for Picnic Day. Mutual aid was requested by the Davis Police Department and provided by police agencies in Yolo County, Probation, California Highway Patrol, and Department of Fish and Game. The Davis Police Department met with bar owners and managers and reviewed a plan and expectations. A representative from the Alcoholic Beverage Commission (ABC) attended these meetings and reviewed applicable policies and enforcement. ABC assisted in policing bars and establishments engaged in the sale of alcohol, and was an outstanding partner in playing a pro-active role working with establishments and providing follow-up for problem areas. Additionally, the Davis Fire Department visited each establishment and conducted inspections to ensure businesses were complying with occupancy limits.

City of Davis Safety Enhancement Zone

In 2011, the Davis City Council enacted a special safety enhancement zone on Picnic Day weekend to double fines for specific violations in designated areas of the downtown and along Russell Boulevard. This zone was expanded in 2015 to Highway 113 North to Covell Boulevard. The zone was further expanded in 2016, from Anderson Rd to Hwy 113 to the west and Eighth St to Covell Blvd to the North. Violations received double normal fines including noise and open container ordinances and urinating in public. An educational campaign was implemented to inform students and the larger community about the zones. The University, through OSSJA, enhances disciplinary sanctions for violations that occur within the Safety Enhancement Zone.

Summary

Significant calming of Picnic Day in the downtown area has continued and there were no major negative incidents during Picnic Days 2019. The improvements and efforts invested have made positive impacts. Partners in the calming efforts included the following:

- Alcohol Beverage Control
- Associated Students, UC Davis (ASUCD)
- Cal Aggie Alumni Association
- Campus Recreation and Unions
- Center for Student Involvement
- Ceremonies and Special Events
- Chamber of Commerce
- City of Davis Police Department
- Davis Alcohol and Other Drug Advisory Group (DAODAG)
- Davis Chamber of Commerce
- Davis Downtown Business Association
- Emergency Management and Mission Continuity
- Environmental Health and Safety
- Facilities Services
- Government and Community Relations
- Grounds
- Health Education Program
- Picnic Day Board of Directors
- Property Managers
- Risk Management
- School of Veterinary Medicine
- Sorority and Fraternity Life
- Student Affairs
- Student Affairs Marketing and Communications
- Student Health & Counseling Services
- Student Housing
- OSSJA
- Transportation and Parking Services
- UC Davis Police Department
- UC Davis Strategic Communications
- University Dining Services
- Unitrans
- Waste Reduction and Recycling
- Yolo County Visitors Bureau

Davis Alcohol and Other Drug Advisory Group (DAODAG)

The mission of the Davis Alcohol and Other Drug Advisory Group (DAODAG) was to provide a mechanism to examine the AOD issues affecting youth and their families and develop, promote and support university and community policies and educational strategies that prevent or reduce alcohol and drug abuse and its negative, dangerous, and harmful consequences.

In 2019, DAODAG participated in strategy planning sessions and revised its mission. The mission as of 2020 is to examine AOD issues affecting young adults in the Davis community and develop, promote, and support university and community policies and educational strategies that strive to prevent or reduce alcohol and drug abuse.

Members of this group have included the Executive Director of SHCS, community members, Sorority and Fraternity Life Coordinators, UC Davis Police Lieutenants, representatives of Intercollegiate Athletics (ICA) and the ATOD Intervention Services Coordinator. The ATOD Health Promotion Specialist chairs the DAODAG. Discussion topics during 2018-20 included campus alcohol sponsorship, advertising of cannabis and changes in safe ride options. DAODAG also provides continuing support for annual Picnic Day safety strategies.

Hazing Prevention Work Group

In Winter 2020, the Vice Chancellor of Student Affairs charged a group of individuals from various departments to “work collaboratively to review the hazing culture at UC Davis and to gather data to help better understand the associated issues related to hazing.” Sub-groups are focused on (1) standards & education, (2) assessment & evaluation, (3) marketing and communication, and (4) positive group acceptance practices.

2018 Town Hall

With the legalization of cannabis, the campus and community had questions regarding implications of legalization and how it could affect Davis residents. UC Davis Student Health and Counseling Services and the City of Davis organized the Davis Cannabis Town Hall. The town hall was formatted as an evening of open public discussion. Topics included cannabis basics, legal versus illegal use, safe use among young adults, updates on medicinal cannabis use and personal young adult stories about cannabis dependence. The speakers included staff from UC Davis Health and UC Davis Student Health and Counseling Services staff, members of the Davis and UC Davis Police Departments, representatives from Yolo County Health and Human Services as well as the California Department of Public Health, and members of the Davis community. In addition to the presentations, there was ample time for questions from the audience.

Over 150 students and community members attended the town hall. Post event surveys revealed that participants gained new knowledge after attending the town hall.

Alcohol-Free Late Night Campus Events

The purpose of Late Night Campus Events (LNCE) Initiative is to bring a wide range of activities, opportunities and events to our campus to (1) build engagement and connection within our student community (2) provide substance free nightlife options to preserve the safety and culture of UC Davis and (3) foster a greater awareness of campus resources available to students. This project seeks to create a space for both students who drink and the 30% (UC Davis ACHA-NCHA II) of students who do not

drink to enjoy a student-centered social atmosphere on Thursday, Friday and Saturday nights between 9pm and 1am.

Several grants and funding sources have been utilized to keep the LNCE Initiative going since its launch in 2015. During the 2019-2020 academic year, SHCS received \$6,000 from the Student Programming fund, funded by UC Davis Student Affairs. Additionally, Student Housing and Dining Services funded a full time position to implement late night programming in the dining commons. During the 2019-20 school year, Student Housing and Dining Services hosted several LNCE programs, including indoor and outdoor movie screenings, a cake decorating competition, cooking demonstrations, and games nights. The events catered to first year students living in the residence halls, but were open to and attended by members of the entire student population. Despite several of the events being cancelled due to the campus-wide shut down in March 2020, over 2300 students attended LNCE events hosted by Student Housing and Dining Services.

Prescription Drug Disposal

Year-round convenient medicine disposal options provide critical benefits to our campus and community. They keep unused and unwanted medications from being diverted. In a survey asking the UC Davis community about medicine disposal, 64% of respondents indicated they have unused medication at home they did not intend to use. While campus had offered quarterly medicine take-back events at the SHCS Pharmacy, UC Davis needed year-round collection.

The campus provides a medicine collection bin located in the lobby of the campus Police Department; the bin is accessible every day at any time. The installation of the bin, along with communication efforts, was co-funded by a grant from UC Davis' The Green Initiative Fund (TGIF) and the California Product Stewardship Council (CPSC). CPSC is a nonprofit based in Sacramento, known for the Don't Rush to Flush, Meds in the Bin We All Win_Campaign. The campaign has been adopted by campus.

UC Smoke and Tobacco Free (STF) Policy Implementation

UC Davis joined the rest of the UC campuses in going 100% smoke and tobacco free on January 1st, 2014. Policy implementation has remained committed to educating our community about the policy and letting tobacco users know about campus resources for quitting. The UC Davis campus community is comprised of a highly culturally and ethnically diverse group of people from all over the world including faculty, staff, students, visitors, vendors and volunteers. This has presented an ongoing and unique struggle with regard to compliance with the policy. One of the most pressing issues with the policy is that of flagrant violators, and while there is a tiered enforcement structure in place through Employee and Labor Relations, the Office of Student Support and Judicial Affairs and the Academic Senate, challenges with non-compliance remain.

There have been a number of successes with the policy since the policy's implementation, including less visible smoking on campus; high levels of support for the policy among students, faculty, and staff; creation of educational materials to support smoke and tobacco free environments and quit efforts; and continued collaboration with other partners, such as the California Smokers' Helpline and local county health agencies.

However, a number of challenges persist including continued presence of smoking and vaping by some and tobacco-related litter on campus and perimeter, which have become "hot spots;" continued smoking by some populations with underlying higher tobacco use, such as international students; inconsistent

messaging and information about the policy and consequences of noncompliance; vandalism of signage; very limited dedicated staff or funds for continued efforts to support compliance; and frustration among prior supporters that the policy is limited beyond education. Efforts to address these challenges have included:

- Re-initiation of the systemwide task force meetings with support from Risk Services. This support provides the platform for collaboration on system-wide initiatives and development of a UC Presidential Initiative on Tobacco.
- Engagement with systemwide Chiefs of Police and Employee Relations in a dialogue about approaches to improve compliance with UC Smoke and Tobacco Free policies. The UC Santa Barbara and UC Irvine Police Chiefs Olson, as well as the the UCOP Employee Relations Office, have been especially helpful, providing important insights at the systemwide task force and working group meetings.
- Discussions to address the issue and reviews of current policy language in all campus and systemwide smoke and tobacco free policies. Some campuses are exploring the need to strengthen or clarify the language to make it inclusive of all types of marijuana, and are crafting recommendations on policy language changes.

The Smoke and Tobacco Free Steering Committee developed an online survey to allow an opportunity for the campus community to provide input on and share their experiences with the policy. The goal was to assess levels of campus support for potential future enforcement strategies. The survey was originally distributed electronically to all students, faculty, and staff at UC Davis, UC Davis Health, and remote sites, in January 2015 and October 2017. The most recent distribution of the survey took place in January 2020.

The electronic survey assessed tobacco use, self-reported exposure to smoking/vaping and witnessing tobacco use on campus, and knowledge/attitudes toward the campus smoke and tobacco free policy. Awareness of and support for the policy remain high. Policy compliance remains an issue, and approximately half of respondents witnessed tobacco use on campus in the past month. Smoke and Tobacco Free policy engagement was moderate and readiness to support the policy remained fairly consistent with prior years. Interventions are needed to bridge the gap between campus policy goals and policy effectiveness.

Outreach Efforts

- Fall Welcome, Various orientations (such as Services for International Students and Scholars; Graduate Student welcome), Housing Resource Fair.
- Smoke and Tobacco Free has been included as a focus area in the Healthy UC Davis initiative, which is a systemwide effort aimed at making UC the healthiest place to work, learn, and live.
- Updates to Breathe Free website (ads, videos, upcoming events, resources).
- Quarterly environmental scans were conducted in Fall, Winter and Spring Quarters for 2018-19 and Fall and Winter Quarters for 2019-20 to assess tobacco waste in known hot spots around campus. Students visited 10 hot spots to pick up and count tobacco related litter. They went back 48 hours later to count butt litter again. Notably, in Winter 2018, the International Center and the bike tunnel by the Cows had the highest 48 hour cigarette butt counts with 526 and 490 pieces of litter respectively. This improved slightly by Spring 2019 with 283 butts found at the International Center and 129 along the bike tunnel by the cows during the 48 hour count.

- Outreach was conducted to inform participants of the Smoke and Tobacco Free policy, collect data, and recruit students for the focus groups. Intercept surveys were conducted in front of the Memorial Union bus stops.
- Two focus groups were conducted in Fall 2019 to gather feedback from students and employees on vape campaign materials as well as to get insight into support and knowledge around the smoke and tobacco free initiative.

Breathe Free Tracking Tool

In partnership with CSU San Marcos, UC Davis piloted a tobacco use tracking tool called the Breathe Free Tracking tool. This online tool aims to collect real-time data about tobacco waste and use trends around campus, including e-cigarettes, vapes and JUULs.

This information is used to gather feedback on Hotspots, which are areas with a high concentration of tobacco waste/use and provides an indicator of where policy non-compliance is occurring. Users are also able to comment on areas that are not troublesome – this highlights areas of campus that are clean.

The goal of this research is to address the critical problem of engaging the campus community with its Smoke and Tobacco Free policy while creating a culture which supports and engages with the policy. The long-term objective of this research is to strengthen compliance with college Smoke and Tobacco Free policies and reduce environmental tobacco waste.

It's Not Just Water Vapor

In FY 2019-20 Healthy UC Davis funded a campaign around vaping and e-cigarettes. Goals of the campaign included;

1. Increase the campus community's awareness of the potential harms of vaping and use of other electronic smoking devices
2. Increase engagement around the Smoke and Tobacco Free policy relevant to new and emerging products being used
3. Decrease the prevalence of vaping and use of e-cigarettes at UC Davis

Campaign messaging was disseminated through social media posts and in-person outreach during Fall Quarter 2019. Signage was designed and placed inside Unitrans buses to spread awareness of the campaign. Further, in partnership with the California Youth Advocacy Network, a presentation titled, E-cigarettes and JUUL: Addicting a New Generation was held in Fall 2019 to raise awareness of these products and the related campaign.

The Ex Program

A grant from Healthy UC Davis funded a small pilot utilizing the Ex Program. The EX Program is a personalized and convenient digital quit-tobacco program that was developed by the Mayo Clinic and The Truth Initiative. It is designed to help users beat their addiction and live tobacco-free whether they smoke, vape, dip or chew. UC Davis purchased licenses for students, staff, academics and faculty. Users who sign up get access to

- Online videos, exercises, and self-guided tools on a phone, tablet, or desktop when and where users need it.

- Live-chat coaching from tobacco treatment experts and personalized texts and emails to help user along your quit journey.
- Active online community of current and past smokers and Mayo Clinic experts to lean on for advice, tips, and motivation.

Adopt-a-Block

In an effort to promote the health and wellbeing of UC Davis and the surrounding community, Breathe Free, in partnership with HEP, oversees the Adopt-a-Block campaign. The Adopt-a-Block program gives groups the opportunity to enhance the look of their community by beautifying and maintaining a street or section of a street within or surrounding UC Davis main campus, particularly those areas affected by smokers moving off campus.

Signage

Historically, the Breathe Free campaign has relied on banners in the parking lots, window clings and large A-frames for signage regarding the policy across campus. A number of signs have been stolen or vandalized, which requires their replacement; funds were allocated for this purpose and for the initial signage and removal of outdated signs. In partnership with Campus Planning and the Campus Sign Committee, permanent signage was designed and installed at main entrances to campus as well as some of the known “hot spots.” Further, signage was designed and installed inside Unitrans buses to promote the Smoke and Tobacco Free policy and the e-cigarette and vaping campaign.

Health Promotion for International Students

A UC Davis graduate student designed his practicum project to study the higher rates of tobacco use and lower rates of tobacco cessation among the international student population. The main objectives were to conduct focus groups and key informant interviews with participants from the international student community and apply those qualitative findings toward the development of an orientation video. A video was developed and shared with the International Student orientation. This video will be used in future years to educate this community about the campus Smoke and Tobacco Free policy as well as provide support and resources for those students interested in quitting.

Policy Enforcement

An enforcement component to the Smoke and Tobacco Free policy was adopted in 2018. UC Davis continues to focus the majority of its enforcement efforts on education and the provision of cessation resources, to continue to facilitate and reinforce a change in campus culture that supports individuals voluntarily complying with the Smoke and Tobacco Free policy.

- **Flagrant violations:** In the event individual members of the campus community flagrantly or repeatedly refuse to comply with the policy after being notified of the policy and their obligation to comply with it, the University will consider issuing warning letters to those violators and/or initiating progressive disciplinary actions.
- **Students:** Students who flagrantly or repeatedly violate the policy will be sent a non-disciplinary Administrative Notice of the reported policy violation. If additional reports are received, the student will be reported to the Office of Student Support and Judicial Affairs for an alleged violation of the University Policy on Student Conduct and Discipline. The student discipline process is educational and progressive in nature.

- Staff and Faculty: University employees who flagrantly or repeatedly violate the policy will be given written notice of the violation and a warning to comply with the policy. If the policy violations are repeated, the employee may be subject to discipline.

Enforcement and Sanctioning

Employees

Employees violating University substance abuse policies may be subject to corrective action up to and including dismissal, under applicable University policies and labor contracts. Depending on the circumstances, employees may be referred for criminal prosecution, or be required to participate in an Employee Support Program or appropriate treatment program.

During the review period, the UC Davis campus issued one significant employment action against a staff employee for impairment in the workplace or excessive absenteeism likely due to alcohol or substance abuse.

At UC Davis Health, 8 diversion investigations were conducted. The allegations were substantiated in one investigation. The employee under investigation resigned prior to the completion of the investigation.

A Medical Diversion Oversight Committee meets on a regular basis to review reports of controlled substances utilization. The committee oversees investigations into unusual trends of controlled substance use. As an additional layer of monitoring, UC Davis Health also utilizes artificial intelligence-based programs to detect suspicious controlled substance utilization.

Students

Students who violate UC Davis drug and alcohol policies are subject to disciplinary action, including censure, loss of privileges, disciplinary probation, suspension or dismissal from the University, and may be required to participate in appropriate treatment programs. Students living in the residence halls are also subject to housing contract termination. A conviction under federal or state law for any offense involving the possession or sale of illegal drugs will result in the loss of eligibility for any Title IV, HEA grant, loan, or work-study assistance (HEA Sec. 484(r)(1)); (20 U.S.C. 1091(r)(1)), if the conviction occurs during a period of enrollment for which the student was receiving Title IV HEA program funds.

Disciplinary Statistics

All data reflects disciplinary statistics from July 1, 2018 through June 30, 2020.

OSSJA and Student Housing do not track students referred for disciplinary action regarding membership or affiliation with specific campus or community groups. By doing so, the University reaches disciplinary outcomes independent of such membership or affiliation.

Office of Student Support and Judicial Affairs

	2018-19	2019-20
Alcohol Cases	3	12
Alcohol Sanctions		
Disciplinary Probation	2	3
ATODIS Referral	1	4
Student Housing Contract Warning	0	0
Deferred Separation	0	3
Censure	0	0
Name on File	0	0
Community Service	1	1
Suspension	0	1
Dismissal	0	1
Reflection Paper	0	1
Outpatient Treatment Program	0	1
Restriction of Activities	0	1

	2018-19	2019-20
Drug Cases	1	0
Drug Sanctions		
Counseling	0	0
ATODIS Referral	1	0
Community Service	0	0
Disciplinary Probation	0	0
Student Housing Contract Warning	0	0
Deferred Separation	1	0
Suspension	0	0
Dismissal	0	0

Student Housing

	2018-19	2019-20
Alcohol Cases	477	367
Alcohol Sanctions		
Formal Warning	371	138
ATODIS Referral	379	133
Name on File	71	8
OSSJA Referral and Contract Review	22	28
OSSJA Referral	0	0
Student Housing Contract Warning	13	8
Student Housing Contract Review	0	6
Aggies Act	59	13

	2018-19	2019-20
Drug Cases	84	98
Drug Sanctions		
Formal Warning	63	32
ATODIS Referral	63	15
Name on File	19	6
OSSJA Referral and Contract Review	22	0
OSSJA Referral	0	0
Student Housing Contract Warning	54	0
Student Housing Contract Review	32	0

Sorority and Fraternity Life

When the Sorority and Fraternity Life Staff receive a report of an alcohol or drug violation, it is forwarded to the Office of Student Support and Judicial Affairs and the organization will go through the organizational conduct process or student follow-up process. Violations of the Interfraternity Council and Davis Collegiate Panhellenic Association Sorority and Fraternity Code of Conduct that are not also violations of campus policy or state or federal law, are sent to the IFC Conduct Board or College Panhellenic Judicial Board as applicable. The issue can be resolved via multiple processes if it is a violation of the Council Code of Conduct as well as campus, state or federal law. The Governing Council judicial boards were created to uphold council standards as well as to provide a quick and fair resolution to disputes within their organizations and with both the city and university communities. The other sorority and fraternity governing councils do not have formal judicial boards that deal with reports of drug and alcohol violations. Alleged drug and alcohol violations involving these organizations are referred directly to the Office of Student Support and Judicial Affairs.

Students who are new to the Sorority & Fraternity community attend a New Member Education day during their first Quarter of membership. The Office of Sorority and Fraternity Life collaborates with staff from Health Education and Promotion to facilitate a 70 minute educational session where participants receive information on safe practices around alcohol consumption and marijuana use. During this session peer mentors facilitate a presentation on drug and alcohol related topics and showcase statistics within the sorority and fraternity community. Participants then play an interactive Kahoot Trivia game to wrap-up the session. More information about UC Davis Sorority & Fraternity Life can be found at <https://osfl.ucdavis.edu/> More information about sorority and fraternity life at UC Davis can be found at the Office of Sorority and Fraternity Life website at <https://osfl.ucdavis.edu/>.

Conclusion

UC Davis' alcohol and drug programs comprise a diverse variety of proven and novel strategies to provide awareness, education, and support services to the campus community. We are committed to evidence-informed interventions (e.g., BASICS, eCHECKUP TO GO, Fall Enforcement and concurrent visibility campaigns) and ongoing assessment of student behaviors to plan and implement effective alcohol and other drug risk reduction efforts. Anecdotally and through evaluation efforts, individual interventions at the student and employee level continue to be effective in helping people make positive changes around their drug and alcohol use.

Progress on Areas of Development Identified for 2018-20

Achieved

- Restructure the Smoke and Tobacco Free Ambassador Internship to focus on outreach, education and connecting students to cessation resources.
- Support and implement safety efforts for Picnic Day; collaborate with partners.
- Increase tobacco cessation support communication; increase visibility of the Smoke and Tobacco Free Policy through signage and outreach; decrease tobacco related litter on campus (as an indicator of success).
- Provide alcohol and marijuana education to at least 70% of new sorority and fraternity members.

Complete

- Host the 2018 Community Town Hall on post legalization marijuana safety.
- Develop and launch a marijuana safety campaign.
- Complete a comprehensive evaluation of the new Good Samaritan protocol, Aggies Act.
- Develop a marketing and communication plan to promote and build awareness around prescription drug take-back efforts.
- Launch the new Safe Party website, home to alcohol-related risk reduction and prevention information and resources.
- Continue to hold DAODAG meetings and recruit campus and community members as appropriate.
- Collaborate with Monarch Sober Living to bring sober living to the UC Davis campus.
- Implement a new educational group program for sanctioned students to complete when documented for violating a marijuana Housing policy.
- Coordinate with CARE to develop and promote consent and drinking campaign materials.

In Progress

- Continue administration of eCHECKUP TO GO, an online alcohol use self-assessment tool, with the goal of increasing participation among incoming and transfer students.
- Continue to strengthen the partnership between City of Davis Police Department and UC Davis Police Department regarding fall enforcement and visibility efforts through continued dual-effort outreach.
- Continue to support Aggie RISE (students in recovery support and advocacy group) through leveraging Student Affairs Marketing and Communications efforts and increasing visibility on campus.
- Continue to partner with RADD (the entertainment industry's voice for road safety) to promote Davis establishments that offer free incentives/rewards to designated drivers.
- Continue to advocate for resources and funding to provide campus with late night alcohol-free events.

This biennial review is a reflection of current systems, rules, services and educational and other efforts and the progress this campus has made since the completion of the 2016-2018 review.

Goals for 2020-2022

Every aspect of campus life and functioning, including the administration of alcohol and other drug programs, has been significantly affected by the global, national, state, and regional response to the novel coronavirus. The overarching goal for the near future is to continue offering effective alcohol and other drug programming in this unprecedented and dynamic environment. This includes:

- Increased education and programming highlighting the potential for increased alcohol and other drug use and abuse during COVID-19 response.
- Reviewing pre-COVID programming and modifying as necessary to adjust to increased use of online learning and reduced in-person programming opportunities.
- Taking advantage of novel opportunities created by the increased use of online learning and social media.

Additional goals for 2020-22 include:

- As of Fall 2020:
 - Provide mandatory online alcohol and other drug education to all incoming UC Davis students.
 - Incorporate annual, online drug and alcohol education into the required Sorority and Fraternity Life continuing education curriculum.
- Continue student-athlete resource group Athlete Guidance and Support (AGS) work in the areas of mental and emotional wellness advocacy and education to mitigate the primary cause of student AOD use and abuse.
- Continue partnership between Intercollegiate Athletics and Student Health and Counseling Services (SHCS) to carry on NCAA CHOICES grant work to do needs assessment and program offerings with student-athletes to model best practices for the entire student population. Continue to support Aggies for Recovery (previously Aggie RISE) through leveraging Student Affairs

Marketing and Communications efforts and identifying ways to institutionalize recovery efforts on campus

- Continue to partner with RADD (the entertainment industry's voice for road safety) to promote Davis establishments that offer free incentives/rewards to designated drivers.
- Grow and launch additional 'Upstander' pages on safe party; implement campaign material around being an active bystander, increase Safe Party Instagram following
- Continue to hold DAODAG meetings and recruit campus and community members as appropriate.
- Continue partnership between SHCS and BreatheFree campaign to utilize awarded Healthy UC Davis funds for (1) the vape prevention campaign and (2) the Ex Program cessation app
- Continue Housing and SHCS partnership to provide Late Night Campus Events as an alternative to alcohol centered events.

Acknowledgements

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- Anuk Virk; Student Health and Counseling Services
- Joel Waite, Student Housing and Dining Services

Appendices

Now Available: UC Davis 2020 Annual Security and Fire Safety Report Alcohol/Drug Abuse Prevention Information

In accordance with federal law, each year UC Davis notifies all employees and students of the availability of the campus Annual Security and Fire Safety Report, and provides information about alcohol and drug abuse prevention programs (see attached).

The 2020 Annual Security and Fire Safety Report, as required by the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act of 1998, includes policies implemented to protect the welfare of our campus community and crime statistics for the campus and UC Davis Medical Center. The report also includes information about fire safety policies, procedures, and statistics, and is available on the [UC Davis Clery Act website](#).

To request a paper copy of the 2020 Annual Security and Fire Safety Report, email PublicRecords@ucdavis.edu or write to the UC Davis Information Practices Officer, Office of the Campus Counsel, University of California, Davis, One Shields Avenue, Davis, CA 95616.

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Joaquin Feliciano  
Office of Compliance and Policy  
UC Davis

## Substance Abuse

### Policies, Sanctions, and Laws

In accordance with the Drug Free Schools and Communities Act of 1989, the following information is provided regarding University and campus policies prohibiting unlawful possession, use, or distribution of drugs or alcohol; University and campus sanctions regarding drug and alcohol violations by students or employees; federal, state, and local laws and penalties for drug and alcohol offenses; health effects of drug and alcohol abuse; and local resources providing assistance for drug and alcohol abuse (counseling, rehabilitation, or re-entry programs).

### University Policy and Sanctions

The University strives to maintain communities and workplaces free from the illegal use, possession, or distribution of alcohol and other drugs. The manufacture, sale, distribution, dispensation, possession, or use of alcohol and controlled substances by University students and employees on University property, at official University functions, or on University business is governed by law, University policy, and campus regulations. Students violating these laws and policies are subject to disciplinary action, including suspension or dismissal from the University, and may be referred for criminal prosecution or required to participate in appropriate treatment programs. Employees violating these laws and policies may be subject to corrective action, up to and including dismissal, under applicable University policies and labor contracts, and may be referred for criminal

prosecution or required to participate in an Employee Support Program or appropriate treatment program.

### Loss of Financial Aid for Conviction Involving Possession/Sale of Illegal Drugs

A conviction under federal or state law for any offense involving the possession or sale of illegal drugs will result in the loss of eligibility for any Title IV, HEA grant, loan, or work-study assistance (HEA Sec. 484(r)(1)); (20 U.S.C. 1091(r)(1)), if the conviction occurs during a period of enrollment for which the student was receiving Title IV HEA program funds.

### Federal Laws and Sanctions

Under Federal law, it is a felony offense to sell or intend to sell, manufacture, or distribute DEA scheduled drugs or mixtures containing them (e.g. cocaine, methamphetamines, heroin, Ecstasy, GHB, Ketamine, LSD, PCP, and so-called “designer drugs”, as well as “counterfeits” purported to be such drugs), or to traffic in marijuana or hashish. Depending upon the quantity of drugs involved, penalties for first offenses range from 5 years to life (20 years to life if death or serious injury involved) and fines up to \$10 million or more, and for second offenses from 10 years to life (life if death or serious injury involved) and fines up to \$20 million.

It is important to note that illegal trafficking in over-the-counter or prescription drugs (including anabolic steroids) which are listed as DEA Schedules II–V are included in the above penalties and fines. Those convicted of possession or distribution of controlled substances can be barred from receiving benefits of federal programs, including student grants and loans, contracts, ability to conduct teaching and research using controlled substances, and professional and commercial licenses; may be subject to forfeiture of property used in or traceable to illegal controlled substance transactions; and, if non-citizens, subject to deportation.

### California Laws and Sanctions

California law prohibits furnishing and selling alcoholic beverages to underage (younger than 21) or obviously intoxicated individuals. Underage persons may not buy alcoholic beverages or



possess them on campus, in public, or in places open to public view; the penalties for violations of these laws may include substantial fines and jail. Alcohol may not be sold without a license or permit. State law also prohibits driving a motor vehicle under the influence; drinking or possessing an open container of alcohol while driving; and operating a bicycle while intoxicated. The limit for blood alcohol concentration (BAC) for underage individuals is .01 percent. A BAC of .08 percent or higher for individuals 21 and older creates a presumption of intoxication, but they can be charged with lower blood alcohol levels. Drunk driving penalties include jail or prison, fines of \$1,000 or more, driver's license suspension or revocation, and required drug/alcohol treatment programs. Refusing to submit to a test for blood alcohol can result in suspension of driver's license for up to 3 years. Sale or possession for sale of controlled substances such as cocaine, methamphetamines, heroin, Ecstasy, GHB, Ketamine, LSD, PCP, marijuana, and "designer drugs" is a felony with terms of 3 years or more; manufacture results in terms of 3 years or more; possession alone is punishable by up to 4 years in prison. Sentences are enhanced for previously convicted felons, for distribution within 1,000 feet of a school or University or within 100 feet of a recreational facility, and for distribution to a pregnant woman or to someone under 18 by one over 18. Property used in drug transactions can be seized.

### *Sacramento City and City of Davis Ordinances*

Sacramento City ordinances and Davis municipal codes prohibit consumption of alcohol in public, possessing open containers of alcohol in public or at retail off-sale premises, and drinking in parks. City of Davis municipal codes also prohibit intoxicated persons from being in or around a vehicle in public, unless the vehicle is controlled or operated by a sober individual; and prohibit individuals and organizations from hosting or allowing a party, gathering, or event (defined as two or more persons assembled for a social occasion or activity) if underage persons are present and in possession of/consuming alcohol. Sanctions (probation, jail, fines) are imposed in accordance with California state law.

### **Education, Prevention Programs, Assistance Services, and Resources**

Campus programs, services, and resources include:

- Health Education and Promotion (HEP) is focused on preventing and reducing alcohol, tobacco, and other drug issues in the student population; developing, managing and evaluating strategies to aid students in
- making informed decisions in these areas. This program is a lead partner in the Safe Party Initiative, a campus and community evidence-based strategy that aims to reduce problems related to college student drinking at parties in the Davis community. Student "party goers" and "party throwers" can visit the [Safe Party website](#) to find tips on how to reduce the risks of alcohol-related problems.
- Alcohol, Tobacco and Other Drugs Intervention Services (ATODIS) provides free and confidential individual assessment and intervention services for UC Davis students who can meet with a Safe Zone trained ATODIS professional. Services and referrals are provided in collaboration with Counseling Services, Student Health and Counseling Services' medical staff, Neighborhood Court, or self-referrals. Free, 90-minute group sessions are also provided in a confidential and non-judgmental environment for students referred from the conduct system or students who self-refer. More information is available at [ATODIS](#) or by calling (530) 752-6334. Smoking cessation services are also available to students free of charge. If the student meets with the ATODIS Coordinator they can receive one month of gum, patch, or lozenge nicotine replacement therapy for free. Replace prevention counseling is also available to students free of charge with no session limit. For more information call (530) 752-6334.
- UC Davis' Collegiate Recovery Group, Aggies for Recovery, meets weekly. Meeting information can be found at [https://shcs.ucdavis.edu/recovery\\_resources](https://shcs.ucdavis.edu/recovery_resources). This group is open to any UC Davis undergraduate or graduate student who is choosing not to use any mind altering substances. This group is also open to students who are allies to people in recovery or who have family members struggling with addiction. This is not a 12-step meeting but a support group for students in recovery. Students can contact [slake@ucdavis.edu](mailto:slake@ucdavis.edu) for more information.
- Counseling Services provides short-term counseling at no cost to UC Davis registered students and referrals to other providers and services; and provides online anonymous self-assessment and screening for alcohol and related issues. More information is available from the [Counseling Services](#) website or by calling (530) 752-0871.
- Academic & Staff Assistance Program (ASAP) offers confidential, cost free assessment, intervention, consultation and referral services to all UCD faculty, staff and



their immediate families. More information is available at the [ASAP](#) website or by calling (530) 752-2727 or (916) 734-2727.

Community resources include Sacramento and Yolo County services and Twelve Step Programs:

- [Alcoholics Anonymous \(AA\)](#) 24 Hour Hotline—(916) 454-1100
- [Marijuana Anonymous](#)—(800) 766-6779
- [Cocaine Anonymous](#)—(916) 469-6588
- [Narcotics Anonymous \(NA\)](#)—(800) 565-2135; [Sacramento area](#)
- [Al-Anon/Alateen](#)—email: [wso@al-anon.org](mailto:wso@al-anon.org)
- [Sacramento County Department of Health & Human Services Alcohol & Drug Services](#)
- Yolo County Alcohol, Drug and Mental Health Services—(888-) 965-6647 (no charge, 24 hrs.)
- [Refuge Recovery](#)
- [Life Ring](#)

## Health Risks

Substance abuse can cause very serious health and behavioral problems, including short-and long-term effects upon both the body (physiological) and mind (psychological), as well as impairment of learning ability, memory, and performance. Chronic health problems may arise from long-term abuse, and acute, traumatic reactions may arise even from one-time or moderate use. In addition to the toxicity of specific drugs, mixing drugs can compound toxic effects.

Illegal, “counterfeit,” or “designer” drugs may be toxic, contaminated, or have impurities causing poisoning, and can be lethal. Acute health problems may include heart attack, stroke, and sudden death (even first-time use of cocaine or GHB). Long-term effects include heart and/or lung damage, high blood pressure, blood vessel leaks in brain, brain cell destruction, permanent memory loss, infertility, impotence, immune system impairment, kidney failure, and cirrhosis of the liver. In terms of sexual health, substance use can cloud judgment, making it

more difficult to engage in safer sex practices that can prevent STIs/HIV or unintended pregnancy. There is also a significant and nuanced relationship between alcohol/other drugs and sexual violence. Drugs and alcohol can be used to incapacitate victims of sexual assault.

Using alcohol or other drugs while pregnant can cause fetal damage, birth defects, miscarriage and infant death. Additional information on health risks of substance abuse can be found on the [National Institute of Drug Abuse website](#).

Online resources regarding health risks of alcohol, tobacco and other drugs are available from the Student Health and Counseling Services’ Health Education and Promotion department:

- [Alcohol](#)
- [Alcohol poisoning](#)
- [Smoking Cessation](#)
- [Electronic Cigarettes](#)
- [Hookah](#)
- [Marijuana](#)
- [Opiates](#)
- [Stimulants](#)
- [Sedatives](#)
- [Prescription Drug Abuse](#)
- [Heroin](#)
- [Kratom](#)
- [Mixing Drugs](#)

