

# UC DAVIS

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UNIVERSITY OF CALIFORNIA



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

## **Biennial Review of Alcohol and Other Drug Programs**

2016-2018

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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 2016-18 Biennial Review of UC Davis's Alcohol and Other Drug Programs, which covers the time period from July 1, 2016 through June 30, 2018, 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 Student Housing, are also subject to the policies found in the *Guide to Residence Hall Life* at <http://housing.ucdavis.edu/guides/>, and are advised of University drug and alcohol policies at residence hall community development meetings, as well as during other programming 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 to all RSOs during their orientation with the CSI 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, 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 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.

An application must be submitted to Conference and Event Services at least 10 working days prior to the proposed event. The application will be evaluated and approved or denied based on compliance with campus policies and State Department of Alcoholic Beverage Control guidelines. Criteria used to evaluate a proposed event include the age composition of the group, how incidental the service of alcohol is to the purpose of the event, whether attendance is limited to members of the sponsoring group and their personally invited guests, whether the event is advertised, and the history of the sponsoring group. Undergraduate groups will not be granted an alcohol permit.

### *Student Housing*

UC Davis houses over 6,000 first year students in residence halls operated by Student Housing and apartments in the city of Davis. Students are advised of expectations around drug and alcohol use at Opening Floor Meetings when they move in as well as by Community Assistants (for the apartments) and through their housing contract. Throughout the year, Resident Advisors 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 residence halls, Student Housing also houses first year transfer students in apartments in six complexes in the city of Davis. The following policies 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 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 both 2016-17 and 2017-18, 162 students lived in the Substance Free Community.

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 in the *Student Athlete Handbook*:

### **Alcohol, Drug, and Tobacco Use**

No alcohol or drugs are allowed at team functions that are 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 Athletics Director 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 Academic Services 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>. All tobacco products are banned by the NCAA and the Big West Conference 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 Supervisor and Head Coach where appropriate disciplinary action may be assessed. In addition, the student-athlete may be referred to OSJJA for review. Punitive actions will be determined on a case-by-case basis under the guidance of the NCAA and UC Davis policies.

In January 2014, UC Davis became 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 <http://breathefree.ucdavis.edu/index.html>.

## **Responsibility of Student-Athlete Hosts**

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Intercollegiate athletics strongly encourages your participation as a host. As a host you 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.

## **Drug Testing**

The NCAA has approved year-round drug testing in every sport. Student-athletes may be tested during the summer, and the NCAA has made arrangements for testing sites around the world. Student-athletes in a different state or country being tested are required to report to a site in a city near where they are located. Drug testing happens very quickly. Student-athletes are contacted by phone by a staff member in UC Davis Intercollegiate Athletics and given instructions. Typically, the student-athlete will report for drug testing 24–36 hours later. Failure to report for drug testing is considered the same as testing positive. With input from the sports medicine staff, the athletic administration has decided it is not appropriate for any athletic department staff members to distribute or endorse any supplements. It is not permissible for an institution to provide nutritional supplements to its student-athletes, unless the supplement is a non-muscle-building supplement and is included in one of the four classes identified in NCAA Bylaw 16. Additionally, it is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes.

The “NCAA Banned Drug List” is posted online at <http://www.ncaa.org/2017-18-ncaa-banned-drugs-list>.

## **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 2017 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 2017 at UC Davis with 1,535 responses for undergraduates and 414 responses for graduate and professional students.

Portions of the Executive Summaries highlight results of the ACHA–NCHA II spring 2017 surveys for UC Davis undergraduates and graduate and professional students related to alcohol, tobacco and other drug use/concerns.

### *UC Davis Undergraduates—Spring 2017*

#### **Tobacco, Alcohol, and Marijuana Use**

Reported use versus perceived use—reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of use in the last 30 days.

<b>Cigarette</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	82.1	87.3	85.7	23.0	17.4	18.9
Used, but not in the last 30 days	9.5	8.6	8.9	21.4	17.5	18.5
Used 1-9 days	5.5	3.2	3.8	43.4	48.7	47.2
Used 10-29 days	1.3	0.5	0.9	9.3	11.4	11.0
Used all 30 days	1.6	0.4	0.7	2.9	5.1	4.4
Any use in the last 30 days	8.4	4.1	5.4	55.6	65.2	62.6

<b>E-Cigarette</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	86.7	92.0	90.6	23.7	21.1	21.7
Used, but not in the last 30 days	9.0	6.8	7.5	18.4	15.7	16.3
Used 1-9 days	2.7	1.1	1.4	44.7	45.3	45.2
Used 10-29 days	0.8	0.0	0.2	10.1	13.4	12.7
Used all 30 days	0.8	0.1	0.3	3.2	4.4	4.0
Any use in the last 30 days	4.2	1.2	1.9	58.0	63.1	62.0

<b>Tobacco from a water pipe (hookah)</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	84.7	86.7	86.0	29.3	21.0	23.2
Used, but not in the last 30 days	10.3	11.2	11.1	21.3	16.6	17.9
Used 1-9 days	4.5	1.9	2.6	42.3	50.3	48.2
Used 10-29 days	0.3	0.2	0.2	6.6	10.0	9.0
Used all 30 days	0.3	0.0	0.1	0.5	2.1	1.7
Any use in the last 30 days	5.0	2.1	2.9	49.5	62.4	58.9

Alcohol	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
<i>Percent</i>						
Never used	31.1	29.8	30.1	9.5	6.9	7.4
Used, but not in the last 30 days	15.0	16.5	16.5	2.1	1.8	2.0
Used 1-9 days	44.7	46.0	45.1	51.9	44.3	46.1
Used 10-29 days	8.4	7.5	8.0	30.7	39.0	37.0
Used all 30 days	0.8	0.2	0.3	5.8	8.0	7.3
Any use in the last 30 days	53.9	53.7	53.4	88.4	91.3	90.5

Marijuana	Actual Use			Perceived Use		
	Male	Female	Total	Male	Female	Total
<i>Percent</i>						
Never used	56.8	63.8	61.8	10.8	9.4	9.6
Used, but not in the last 30 days	22.9	16.0	17.9	6.1	4.4	4.9
Used 1-9 days	12.4	14.9	14.3	50.3	42.5	45.0
Used 10-29 days	5.8	4.2	4.7	26.2	34.1	31.8
Used all 30 days	2.1	1.1	1.3	6.6	9.6	8.6
Any use in the last 30 days	20.3	20.2	20.4	83.1	86.2	85.5

Drinking and Driving <sup>1</sup>
1.2% of college students reported driving after having five or more drinks in the last 30 days.
16.3% of college students reported driving after having any alcohol in the last 30 days.

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			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<.08	67.8	61.8	63.4
<.10	74.4	69.6	70.8
Mean	0.06	0.07	0.07
Median	0.04	0.05	0.05
Std Dev	0.07	0.07	0.07

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

<b>Reported number of drinks consumed the last time students “partied” or socialized<sup>2</sup></b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
4 or fewer	52.2	69.1	65.0
5	11.4	11.8	11.7
6	7.0	7.8	7.7
7 or more	29.4	11.3	15.6
Mean	5.21	3.80	4.12
Median	4.00	3.00	3.00
Std Dev	3.71	3.07	3.28

<b>Reported number of times college students consumed five or more drinks in a sitting within the last two weeks</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
N/A, don't drink	36.0	36.1	36.0
None	34.4	41.1	39.5
1-2 times	22.0	18.7	19.5
3-5 times	5.5	3.6	4.2
6 or more times	2.1	0.4	0.8

<b>Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
Antidepressants	1.6	2.5	2.5
Erectile dysfunction drugs	1.0	0.5	0.6
Pain killer	3.4	4.8	4.7
Sedatives	3.1	2.7	2.9
Stimulants	5.8	5.2	5.3
Used one or more of the above	7.9	10.4	10.5

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<sup>2</sup> Only students reporting one or more drinks were included.

College 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			
Percent	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	39.5	44.6	43.5
Avoid drinking games	30.5	34.6	33.9
Choose not to drink alcohol	23.8	28.6	27.7
Determine in advance not to exceed a set number of drinks	35.5	48.4	45.1
Eat before/during drinking	79.1	85.7	83.9
Have a friend let you know when you have had enough	36.5	52.7	47.8
Keep track of how many drinks being consumed	65.3	73.1	70.9
Pace drinks to one or fewer per hour	24.0	35.3	32.5
Stay with the same group of friends the entire time drinking	81.6	90.1	87.9
Stick with only one kind of alcohol when drinking	34.6	45.1	42.5
Use a designated driver	80.0	90.2	87.5
Reported one or more of the above	96.4	98.4	97.8

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol			
Percent	Male	Female	Total
Did something you later regretted	27.9	3.02	29.9
Forgot where you were or what you did	24.5	27.7	26.9
Got in trouble with the police	0.8	1.0	1.1
Someone had sex with me without my consent	1.7	3.4	3.0
Had sex with someone without their consent	0.0	0.3	0.3
Had unprotected sex	17.4	17.2	17.3
Physically injured yourself	10.7	13.7	13.2
Physically injured another person	2.5	1.0	1.3
Seriously considered suicide	5.0	3.4	4.3
Reported one or more of the above	44.3	45.6	45.4

*UC Davis Graduate and Professional Students—Spring 2017*

**Tobacco, Alcohol, and Marijuana Use**

Reported use versus perceived use—reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of use in the last 30 days.

<b>Cigarette</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	73.7	78.1	76.6	21.9	17.1	19.7
Used, but not in the last 30 days	17.3	16.7	16.7	25.2	25.7	25.3
Used 1-9 days	5.1	3.6	4.3	44.5	46.1	45.0
Used 10-29 days	2.6	1.2	1.7	5.8	8.2	7.4
Used all 30 days	1.3	0.4	0.7	2.6	2.9	2.7
Any use in the last 30 days	9.0	5.2	6.8	52.9	57.1	55.0

<b>E-Cigarette</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	87.2	95.2	92.0	25.2	25.2	25.7
Used, but not in the last 30 days	10.9	4.0	6.8	20.6	16.9	18.1
Used 1-9 days	1.9	0.4	1.0	44.5	49.2	47.3
Used 10-29 days	0.0	0.0	0.0	7.7	7.0	7.2
Used all 30 days	0.0	0.4	0.2	1.9	1.7	1.7
Any use in the last 30 days	1.9	0.8	1.2	54.2	57.9	56.2

<b>Tobacco from a water pipe (hookah)</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	75.6	80.1	78.7	27.1	27.3	27.7
Used, but not in the last 30 days	21.8	18.3	19.3	27.1	22.7	24.3
Used 1-9 days	2.6	1.6	1.9	40.6	43.4	42.1
Used 10-29 days	0.0	0.0	0.0	3.9	6.2	5.2
Used all 30 days	0.0	0.0	0.0	1.3	0.4	0.7
Any use in the last 30 days	2.6	1.6	1.9	45.8	50.0	48.0

<b>Alcohol</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	12.9	8.4	9.9	3.9	0.8	2.0
Used, but not in the last 30 days	11.6	12.7	12.1	1.3	0.8	1.0
Used 1-9 days	47.7	55.4	52.3	45.5	42.4	43.6
Used 10-29 days	26.5	19.1	22.3	45.5	51.4	49.3
Used all 30 days	1.3	4.4	3.4	3.9	4.5	4.2
Any use in the last 30 days	75.5	78.9	78.0	94.8	98.4	97.0

<b>Marijuana</b>	<b>Actual Use</b>			<b>Perceived Use</b>		
	<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<i>Percent</i>						
Never used	53.5	54.8	54.4	11.8	5.8	8.0
Used, but not in the last 30 days	23.2	28.4	26.2	11.8	7.0	9.2
Used 1-9 days	14.8	12.8	13.3	46.4	53.3	50.5
Used 10-29 days	5.8	2.0	3.9	27.5	32.2	30.3
Used all 30 days	2.6	2.0	2.2	2.6	1.7	2.0
Any use in the last 30 days	23.2	16.8	19.4	76.5	87.2	82.8

<b>Drinking and Driving<sup>3</sup></b>
2.6% of college students reported driving after having five or more drinks in the last 30 days.
36.0% of college students reported driving after having any alcohol in the last 30 days.

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.

<b>Estimated BAC</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
<.08	94.2	85.5	88.8
<.10	96.7	90.0	92.5
Mean	0.02	0.04	0.03
Median	0.01	0.02	0.02
Std Dev	0.04	0.05	0.05

<b>Reported number of drinks consumed the last time students “partied” or socialized<sup>4</sup></b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
4 or fewer	73.0	84.3	79.6
5	6.6	5.9	6.3
6	9.0	2.0	4.8
7 or more	11.5	7.8	9.3
Mean	3.74	2.99	3.29
Median	3.00	2.00	2.50
Std Dev	2.91	2.44	2.66

<b>Reported number of times college students consumed five or more drinks in a sitting within the last two weeks</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
N/A, don't drink	17.9	14.7	15.7
None	57.1	65.3	61.8
1-2 times	19.2	15.5	17.4
3-5 times	4.5	3.6	3.9
6 or more times	1.3	0.8	1.2

<sup>3</sup> Students responding “N/A, don't drive or “N/A, don't drink” were excluded from the analysis

<sup>4</sup> Only students reporting one or more drinks were included.

<b>Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
Antidepressants	2.6	1.6	1.9
Erectile dysfunction drugs	1.3	0.0	0.5
Pain killer	3.2	3.2	3.2
Sedatives	2.6	3.2	3.1
Stimulants	2.6	0.8	1.5
Used one or more of the above	7.7	6.8	7.3

<b>College 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</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
Alternate non-alcoholic with alcoholic beverages	43.3	50.2	47.8
Avoid drinking games	61.5	55.0	57.5
Choose not to drink alcohol	16.8	23.4	20.8
Determine in advance not to exceed a set number of drinks	36.7	48.1	43.2
Eat before/during drinking	81.4	92.1	87.5
Have a friend let you know when you have had enough	20.5	30.0	26.1
Keep track of how many drinks being consumed	75.4	80.8	78.3
Pace drinks to one or fewer per hour	43.3	59.0	52.6
Stay with the same group of friends the entire time drinking	86.6	94.4	91.6
Stick with only one kind of alcohol when drinking	54.3	62.3	59.3
Use a designated driver	74.4	86.7	81.6
Reported one or more of the above	97.0	98.6	98.1

<b>College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol</b>			
<i>Percent</i>	<i>Male</i>	<i>Female</i>	<i>Total</i>
Did something you later regretted	23.6	30.8	28.1
Forgot where you were or what you did	11.8	20.6	17.5
Got in trouble with the police	0.0	0.0	0.0
Someone had sex with me without my consent	0.0	1.4	0.9
Had sex with someone without their consent	0.0	0.0	0.0
Had unprotected sex	21.9	14.2	17.1
Physically injured yourself	1.6	5.2	3.8
Physically injured another person	0.0	0.9	0.6
Seriously considered suicide	2.4	1.4	2.3
Reported one or more of the above	38.3	45.8	42.9

If surveyed students have concerns about their health or well-being after taking the ACHA–NCHA II survey, a link with supportive services is provided in the invitation email. Students also have an opportunity to email the surveyors to provide input regarding campus health and wellness initiatives.

### *Smoking Prevalence*

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

## **Education, Intervention, and Prevention**

Many departments 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, 2016 and June 30, 2018, there were 30 client appointments and 13 departmental consults for issues relating to substance use and abuse.

### *Residents and Fellows*

Margaret Rea, Ph.D., heads up the Residents and Clinical Fellows Program, which provides clinical treatment for limited duration. She also acts as coordinator of outside resources for residents and fellows. This information is provided to residents and fellows during student orientation and in their handbook. Dr. Rea often presents on substance and alcohol use at department meetings.

Additional information is available at <http://www.ucdmc.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/>.



## 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: [http://intranet.ucdmc.ucdavis.edu/ucdhs/onthejobresources/smoke\\_free/index.shtml](http://intranet.ucdmc.ucdavis.edu/ucdhs/onthejobresources/smoke_free/index.shtml). 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 Educator 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 to reduce high-risk alcohol consumption and the associated negative consequences and 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 for the 2014–2017 Strategic Plan, and year one of the 2017-2020 Strategic Plan. The 2014–17 HEP Strategic Plan posted at [https://shcs.ucdavis.edu/pdf/HEP-Strategic-Plan\\_14-17.pdf](https://shcs.ucdavis.edu/pdf/HEP-Strategic-Plan_14-17.pdf) 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.

113 students completed the RWB Program during the 2016-18 period. 97% agreed the workshop helps create a compassionate, caring and responsible campus community. 98% believed that they can make a difference in another individual's life by acting as an "upstander."

At the 10-week follow-up evaluation period:

- 70% of RWB participants had discussed the RWB program with their peers.
- A statistically significant change was found in students' confidence levels in responding to an alcohol related emergency. This was true for both the post workshop survey ( $p=0.000$ ) and 10-week post-post survey ( $p=0.000$ ).
- Before the RWB training, 32% of students could correctly list 3 signs of alcohol poisoning. After the workshop, 97% of students could correctly list 3 signs of alcohol poisoning.
- 100% of CPR participants said that RWB boosted their confidence in intervening in high-pressure situations and critical moments.

### *Training for Intervention Procedures (TIPS)*

This evidence-based two to three hour training teaches students who are hosting events where alcohol is served the skills they need to intervene in situations where their peers are misusing alcohol. Three fraternities completed TIPS training from July 2016 to June 2018.

The National Registry of Evidence-based Programs and Practices (NREPP), a project of the Substance Abuse and Mental Health Services Administration (SAMHSA), has given the TIPS training program high marks for both quality and effectiveness (see <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=229>).

### *Smoke and Tobacco Free Ambassador Program*

Breathe Free, in partnership with HEP, launched a Smoke and Tobacco Free Student Ambassador Program during spring quarter 2015. Since then, the internship has developed into a yearlong position that involves a number of activities and educational opportunities. Students are trained in motivational interviewing and behavior change theory. They conduct weekly campus rounds in pairs or small groups in which they encourage an environment of compliance with the smoke and tobacco free policy by approaching smokers on campus in a non-confrontational and conversational manner. Students are involved in a number of other trainings and activities throughout the year to put a positive face on the smoke and tobacco free policy.

### *Alcohol Risk Reduction Programs for Housing and 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:

<b>Alcohol Jeopardy</b>	<b>2016-17</b>	<b>2017-18</b>
Number of Programs	6	3
Number of Participants	121	86
<b>Alcohol Risk Reduction</b>	<b>2016-17</b>	<b>2017-18</b>
Number of Programs	13	7
Number of Participants	967	940

### *Educational Program Participant Evaluation Data*

Listed below are the ATOD risk reduction and intervention services education programs conducted from July 2016–June 2018. 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:

<b>PE 44: Healthful Living Course</b>	<b>2016-17</b>	<b>2017-18</b>
Number of Programs	3	3
Number of Evaluations	159	145
The presenters were organized and well prepared	100%	93.8%
The material presented was practical	98.7%	95.9%
<b>Alcohol Education Groups (Sanctioned Students)</b>	<b>2016-17</b>	<b>2017-18</b>
Number of Programs	21	10
Number of Evaluation	145	47
The presenters were organized and well prepared	99.3%	97.9%
The material presented was practical	98.6%	97.9%
<b>Special Transitional Enrichment Program (STEP)</b>	<b>2016-17</b>	<b>2017-18</b>
Number of Programs	1	1
Number of Evaluations	210	237
The presenters were organized and well prepared	99.5%	99.6%
The material presented was practical	98.6%	97.9%

## 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](http://www.echeckuptogo.com/docs/NASPA_Panel_Compares_Programs.pdf).

Continuing through 2016-18, all incoming students were asked to complete this survey as a part of their health requirements prior to their arrival on campus. From July 2016 to June 2018, 4,907 UC Davis students completed the survey.

### *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 2016-17, 145 students attended one of 21 education groups. In 2017-18, 47 students attended one of 10 education groups. Evaluations indicate participants found the groups to be effective and helpful.

### *Intercollegiate Athletics (ICA)*

NCAA rules require that all student-athletes, even those who are injured or redshirting, attend the mandatory life skills programming each quarter. At UC Davis, the programming is year round as topics covered can range from drug and alcohol education, to resume writing and career education. It is the student-athlete’s responsibility to attend these programs. Student-athletes who skip the program or fail to complete the alternative assignment will be declared ineligible for at least the next regular season competition for which they would otherwise have been eligible. (That next competition could be the following year or more than a year later if the student-athlete is injured or redshirting.) There could also be practice consequences for failure to attend the program or complete the alternative assignment.

More information about UC Davis Intercollegiate Athletics’ policies can be found at <http://www.ucdavisaggies.com/saas/policies.html>.

### *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 2016-17, 480 students had individual and follow up meetings with the ATOD Intervention Services Coordinator, and in 2017-18, 399 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](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 2016-18, 30 days after the initial individual meeting, a follow up survey was sent to students who meet individually with the ATOD Intervention Services Coordinator via e-mail. Only 18 surveys were returned because there were fewer students seen in 2018, and many were either not using or it was their first time using, which did not require a follow-up survey. Key findings<sup>5</sup> included the following:

- 90.1% indicated they learned new information about alcohol and other drugs.
- 95.8% indicated that they thought about their own drinking or drug use.
- 98.6% indicated that they enjoyed the conversation that they had with their BASICS provider.
- 92.3% indicated that they felt motivated to examine their drinking or drug use.
- 83.8% indicated that they pursued a life change in part because of their conversation with the ATOD Intervention Services Coordinator.

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 2016-17 academic year, the ATOD Intervention Services performed 45 individual smoking cessation sessions. In the 2017-18 academic year, 40 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>.

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<sup>5</sup> These findings reflect combining the “somewhat”, “moderately” and “a lot” responses.

## 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/](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. Between 2016-17, 2 clients were admitted to outpatient care and 3 admitted for inpatient care. During the 2017-18 academic year, 3 were admitted to outpatient care and 5 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

### *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.

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.

During fall 2017 through spring 2018, eight Aggies Act outreach activities were conducted and 311 pledges were signed. A post-implementation will occur in the two years following implementation.

### ***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 2016-18. There were two WYB educational event in 2016-17 and four WYB educational events in 2017-18.

### ***RADD (The Entertainment Industry’s Voice for Road Safety)***

During the 2016-2018 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 2016-18. 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

<http://safeparty.ucdavis.edu/partier/designate.html>.

### ***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 and student focus groups were conducted in 2016 and the pilot campaign was launched in 2017. 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 2016-17 the ATOD Intervention Services Coordinator met with 35 students and in 2017-18 ATOD Intervention Services Coordinator met with 15 students referred via NHC.

### **SHCS Counseling Services Data**

Data collected from July 1, 2016-June 30, 2018:

- Clients who reported that they regularly used alcohol—Yes: 2,365 out of 9,540 (24.79%)
- Clients who reported they used drugs in the past 30 days—Yes: 1,982 out of 9,498 (20.87%)

## **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, 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. For more information regarding the Safe Party Initiative, visit <http://safeparty.ucdavis.edu/initiative.html>.

The American Journal of Preventative Medicine article, titled “Alcohol Risk Management in College Settings: The Safer California Universities Randomized Trial” (found at <http://safeparty.ucdavis.edu/pdf/ARM-Randomized-Trial.pdf>), summarizes the efficacy of this approach in significantly reducing intoxication at off-campus parties and bars/restaurants.

The three main intervention components focus on

### ***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 Safe Party materials in student welcome packets.

In 2016, HEP in collaboration with community partners distributed 9,050 “Signs of Alcohol Poisoning” magnets, and 6,750 “Wanna Party?” brochures, to students living in apartment complexes. In 2017, 4,161 “Alcohol Poisoning” magnets, and 4,755 “Wanna Party?” brochures, were distributed. These outreach materials outline best practices regarding identifying and managing an alcohol poisoning emergency and how to conduct safe and successful parties.

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 one touch dialing to make it home safely after a night out. 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. From fall 2016 through spring 2017, there were 5,083 page views and from fall 2017 through spring 2018, there were 5,304 page views on the Safe Party website.

### *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 school 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 Safe Party website alerted students that there were extra police on patrol in Davis during the first weeks of school.

- 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 and pre Halloween week.
- HEP students conducted ride-alongs with the City of Davis Police Department and shared their learning experience via the SHCS blog and the UC Davis Housing Newsletter.
- Students and officers from the City of Davis Police Department developed student-centered tweets to encourage safe transportation, increase recognition of the four signs of alcohol poisoning, and provide tips on partying safely.

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. Below are the statistics reported from both the UC Davis and City of Davis police departments to the Alcohol, Tobacco and Other Drug Health Educator:

Citations/Occurrences	Fall 2016	Fall 2017
DUI	12	2**
Noise Complaints	*	27**
Party hosts cited	8*	N/A
OSSJA Referrals	16	9
Alcohol Related Arrests	7**	3
Alcohol poisonings	Pending	Pending

\* City of Davis Police Department reports only.

\*\*UCDPD reports only.

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. For more information, access the article at <http://safeparty.ucdavis.edu/initiative.html>.

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. Although the Safe Party grant funding ended in 2012, Safe Party Initiative partners will continue these efforts in future years.

### UC Davis and Community Initiatives for Picnic Day 2017 and 2018

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 Days 2017 and 2018.

### ***Advertising and Publicity***

Starting in 2011 and continuing through 2018, 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.

### ***Picnic Day Pledge***

The Picnic Day Pledge was initiated in 2011 and students were asked to sign the pledge in 2017 and 2018. More information on Picnic Day can be found at <https://picnicday.ucdavis.edu>. In 2017, 452 students signed the pledge, in 2018, 574 students signed the pledge.

### ***Safe Party Packs***

In 2017-18, HEP partnered with Picnic Day organizers to distribute Safe Party Packs with information to promote responsibility at parties. The packs contained information about RADD, safe transportation options, and the Safe Party website. 200 packs were given out at Picnic Day “Pre-week” each year.

### ***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 2017 and 2018.

### ***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.

### ***Increased Patrols***

The UC Davis Police Department and City of Davis Police Department significantly increased staffing 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. A zero tolerance policy continued to be adopted and enforced vigorously on campus. 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 2017 and 2018. 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
- HEP
- Picnic Day Board of Directors
- Property Managers
- Risk Management
- School of Veterinary Medicine
- Sorority and Fraternity Life Office

- Student Affairs
- Student Affairs Marketing and Communications
- SHCS
- 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) is 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. Members of this group have included the Executive Director of SHCS, community members, Sorority and Fraternity Life Coordinators, UC Davis Police Lieutenants, and the ATOD Intervention Services Coordinator. The ATOD Health Educator chairs the DAODAG. Major discussion topics during 2016-18 included legalization of marijuana and the new Good Samaritan protocol. DOADAG also provides continuing support for the biannual Town Hall and annual Picnic Day safety strategies.

### **2016 Town Hall**

HEP, in partnership with ASUCD, the City of Davis, and the Office of Fraternity and Sorority Life, hosted “Enhancing our Safety and Well-being; Where Does Alcohol Fit In?” This first Town Hall, supported by a small federal SAMHSA grant, included a broad representation of individuals from the community at large, City of Davis official, the local medical community, and student leaders. Representatives discussed the role of alcohol in the community including needs and priorities, shared local data, and highlighted resources.

Attendees included over 40 campus and community members. More than 90% who attended reported that they became more aware of new resources on campus or in the community, and agreed that the event created a sense of connectedness in the community. 100% (mean 4.5 out of 5) were satisfied with the event.

Post-event priorities included alcohol-free entertainment options, Friday classes, alcohol access restrictions, support for students in recovery, and more frequent collaboration and conversations around alcohol and safety on campus and in the community.

### **Alcohol-Free Late Night Campus Events**

HEP and Counseling Services were granted a 2017-18 Student Affairs student success grant for Project CONNECT: Creating One Nurturing Network to Enhance Campus Togetherness.

Project CONNECT was intended to increase social belonging on campus among all UC Davis students, and to build social support systems for students in recovery from alcohol or other substances. Goals of Project CONNECT include:

- Providing night life activities on campus that are not alcohol-centered, targeted to all UC Davis students.
- Supporting students in recovery from addiction and institutionalizing support for recovery on campus.
- Enriching student experience and connection to our campus and community.

Four late night campus events were hosted during the grant period with attendance ranging from 280-630 students at each event. Partners included Student Housing, Shields Library, Intercollegiate Athletics, and CARE.

### **Prescription Drug Disposal**

UC Davis SHCS, in partnership with the UC Davis Police Department, hosted quarterly prescription drug take back days at the Student Health and Wellness Center pharmacy. The first take back day was piloted in winter 2016. In spring 2018, the UC Davis Police Department received a permanent collection bin to house in their lobby. The collection bin is available seven days a week for students to drop off unused, unwanted, or expired medications. Information about where to drop off prescription medications in the Davis community is available on the SHCS website.

### **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. Enforcement remains educational and members of the campus community rely on voluntary compliance. 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 as there is no concrete enforcement structure in place, there is no way of holding people accountable for violating the policy.

There have been a number of successes with the policy over the past 2 years, 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 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 lacks impact beyond education.

- 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 of our systemwide Chiefs of Police and Employee Relations in a dialogue about approaches to improve compliance with UC Smoke and Tobacco Free policies. Police Chiefs Olson (UCSB) and Cisneros (UCI) as well as Juliann Martinez (UCOP Employee Relations Office) have provided 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. The most recent distribution of the survey took place in October 2017.

The 20-item survey asked respondents about their awareness of the Smoke and Tobacco Free policy, their level of support for the policy, their smoking or tobacco use status, how often they see individuals smoking on campus, and their experience interacting with smokers on campus.

Among respondents of the survey, awareness of the policy was high, with 95% stating they are aware that neither smoking nor tobacco use is allowed anywhere on campus. The majority of respondents (81.58%) identified as non-smoker/tobacco users. Of the respondents who identified as current, occasional, or former smoker/tobacco users, only 17% indicated that the policy has made a positive impact on their smoking behavior on campus, 10% of which reported they have quit smoking on campus because of the policy. Overall, the policy is strongly supported by the campus community, with 87% of respondents indicating some level of support. In contrast, only 34% of respondents who identified as current smoker/tobacco user indicated some level of support for the policy. About 33% of respondents indicated they do not know about the type and availability of smoking cessation resources offered. In all about 80% of respondents support issuance of citations or fines as a form of enforcement.

Qualitative data analysis showed themes of dissatisfaction of the fact that the policy exists in name and signage but is not enforced. The Smoke and Tobacco Free policy, like other campus policies, should be enforced through some form of progressive model, which could take many forms. Options for enforcement are varied, and survey responses highlighted a desire for a clear enforcement strategy at both UC Davis and UC Davis Health. Individuals expressed specific interest in an enforcement plan that addresses all members of the campus community equally. The desire to include a written warning and educational component as part of a progressive enforcement plan were among the more popular responses provided.

### *Outreach Efforts*

- Breathe Free, HEP and Colleges Against Cancer collectively implemented the Great American Smokeout (GASO) in which a flash mob was conducted on the Quad.
- Fall Welcome, Various orientations (such as Services for International Students and Scholars; Graduate Student welcome), Housing Resource Fair.



- Smoke and Tobacco Free was 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).
- *This is Quitting* is a free, smoking cessation tool that was designed for young adults. It is a cessation support app with an accompanying text-messaging component. This app meets young adults where they are--online and on social media. It is interactive in nature and generates a sense of community and support as it connects quitters with others in same area.
- Annual cigarette butt cleanup day is conducted in the spring and led by HEP Student Assistants. Student volunteers break into groups and pick up as many butts as they can find in 2 hours. 2,563 were cleaned up in May 2018.
- A partnership, developed with the UC Davis Fire Department, educates incoming students about the importance of policy compliance and its relationship to fire prevention in and around student housing areas.

### *Smoke and Tobacco Free Student Ambassadors*

Breathe Free, in partnership with HEP, coordinates the Smoke and Tobacco Free Student Ambassador Internship with graduate and undergraduate students. Based on best practices from other universities with smoke and tobacco free policies, an ambassador's primary function is to encourage an environment of compliance for the Smoke and Tobacco Free policy through ongoing peer-to-peer interaction. Ambassadors show leadership, professionalism, compassion, and the desire to promote and celebrate a healthier community.

### *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 oversee 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, a master signage plan is being developed and projected to be finalized during the 2018-19 academic year.

## **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 four significant employment actions against staff employees for impairment in the workplace or excessive absenteeism likely due to alcohol or substance abuse.

At UC Davis Health, 10 diversion investigations were conducted. The allegations were substantiated in two of the investigations and both employees were terminated.

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.

## 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, 2016 through June 20, 2018.

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.

## OSSJA

	2016-17	2017-18
Alcohol Cases	14	33
<b>Alcohol Sanctions</b>		
Disciplinary Probation	8	20
ATODIS Referral	9	7
Student Housing Contract Warning	1	17
Deferred Separation	2	1
Censure	0	1
Name on File	3	0
Community Service	0	1

	2016-17	2017-18
Drug Cases	9	30
<b>Drug Sanctions</b>		
Counseling	0	1
ATODIS Referral	3	5

Community Service	0	2
Disciplinary Probation	3	22
Student Housing Contract Warning	3	18
Deferred Separation	2	1
Dismissal	1	0

### Student Housing

	2016-17	2017-18
Alcohol Cases	291	230
<b>Alcohol Sanctions</b>		
Formal Warning	278	225
ATODIS Referral	279	224
Name on File	40	151
OSSJA Referral and Contract Review	63	96
OSSJA Referral		
Student Housing Contract Warning	72	96
Student Housing Contract Review	51	0
Aggies Act	0	4

	2016-17	2017-18
Drug Cases	152	97
<b>Drug Sanctions</b>		
Formal Warning	152	97
ATODIS Referral	152	93
Name on File	0	17
OSSJA Referral and Contract Review	62	82
OSSJA Referral		
Student Housing Contract Warning	120	90
Student Housing Contract Review	76	8

### *Sorority and Fraternity Life*

When the Sorority and Fraternity Life Coordinators receive a report of an alcohol or drug violation, it is immediately forwarded to the Assistant Director for Policy and Conduct in Student Housing for student follow-up. When there are violations of the Inter-fraternity Council and Davis Collegiate PanHellenic Association Sorority and Fraternity Code of Conduct that are not also violations of campus, state or federal law, these issues are sent to the IFC Conduct Board or PanHellenic Judicial Board as applicable. The issue can be sent through both avenues if the issue is a violation of the Greek Code of Conduct and campus, state or federal law.

The Inter-fraternity Council Conduct Board (IFCCB) is the judicial body for the fraternities at UC Davis that are members of the Inter-fraternity Council (IFC). The PanHellenic Judicial Board is the judicial body

for the sororities that are members of the Davis Collegiate PanHellenic Association (DCPA). The IFCCB and PanHellenic Judicial Board were created to uphold council standards as well as the ability to provide a quick and fair resolution to disputes within their organizations and with both the city and university communities. More information about UC Davis Greek life can be found at <http://osfl.ucdavis.edu/getting-started/index.html>.

## **Conclusion**

UC Davis's alcohol and drug programs use a variety of proven prevention strategies in providing awareness, education, and services to campus. 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 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.

Students are held accountable for their behavior through a conduct system in Student Housing and OSSJA that uses progressive sanctioning with a strong emphasis on education.

## **Progress on Areas of Development Identified for 2016-18**

### *Achieved*

- Continue administration of eCHECKUP TO GO, an online alcohol use self-assessment, with the goal of increasing participation among incoming and transfer students.
- Work with community partners to increase participation in a covenant regarding following responsible sales practices to promote a healthy and safe environment in relation to alcohol sales for Picnic Day 2017 and 2018. (Achieved for 2017; discontinued for 2018)
- 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 partner with the Breathefree Campaign on major initiatives: Smoke and Tobacco Free Ambassadors, Adopt a Block, and the Annual Butt Pick Up Day.
- Gain financial support from Student Affairs to pilot a Late Night Campus Event (LNCE) and continue advocacy efforts to ensure the sustainability of the LNCE program.
- Increase the diversity and number of groups and organizations participating in the Davis Alcohol and Other Drug Advisory Group (DAODAG) in order to increase the frequency of cross-sectional conversations.
- Support Aggie RISE (students in recovery support and advocacy group) through leveraging Student Affairs Marketing and Communications efforts in creating a visual identity for the group, a page on the SHCS website and other materials to raise awareness of the group on campus.

### *Complete*

- Conduct a Town Hall fall 2016 to increase dialogue among city, student and campus representatives and stakeholders.
- Continue implementation and evaluation of the Red Watch Band "upstander" intervention training to mitigate negative outcomes from alcohol poisonings among UC Davis students.

- Establish a Medical Amnesty/Good Samaritan protocol for the campus and provide broad marketing of the terms of the protocol among all current and incoming students.
- Implement a social marketing campaign focused on the risks of opioid use and mixing alcohol with other drugs.
- Implement and advertise annual drug collection days on campus.
- Conduct an environmental assessment of alcohol access points and alcohol marketing in the City of Davis.

### *In Progress*

- Revamp the Safe Party website with a new design and improved functionality providing a student-centric platform with alcohol-related risk reduction and prevention information and services.
- Support Student Affairs in advocating for Friday classes. Support may include compiling research on this tactic as a best practice, reaching out to other schools that have advocated for Friday classes and mobilizing students to help support this initiative. (Partially complete)

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 2014-2016 review.

### **Goals for 2018-20**

- Host the 2018 Community Town Hall on post legalization marijuana safety.
- Develop and launch a marijuana safety campaign.
- 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 administration of eCHECKUP TO GO, an online alcohol use self-assessment, with the goal of increasing participation among incoming and transfer students.
- Complete a comprehensive evaluation of the new Good Samaritan protocol, Aggies Act.
- 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.
- Restructure the Smoke and Tobacco Free Ambassador Internship to focus on outreach, education and connecting students to cessation resources.
- 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.
- Host an ATOD focused Aggie CONNECT course for first year students.
- Support and implement safety efforts for Picnic Day; collaborate with partners.
- Continue to host Yolo County Behavioral Health at SHCS on a bi-monthly basis to host talks/networks for Yolo/Sacramento Counties substance abuse professionals

- 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 in indicator of success).
- 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.
- Provide alcohol and marijuana education to at least 70% of new Sorority and Fraternity members.
- Continue to advocate for resources and funding to provide campus with late night alcohol-free events.
- 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.

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- Branden Petitt, Student Housing
- Rob Starkey, Academic and Staff Assistance Program
- Debra Svoboda, UC Davis Police Department
- Molly M. Theodossy, Compliance and Policy

## Appendices

### Now Available: UC Davis 2018 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 2018 [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 2018 Annual Security and Fire Safety Report, email [PublicRecords@ucdavis.edu](mailto: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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Molly M. Theodossy  
Director of Compliance and Policy Programs  
Office of Compliance and Policy  
UC Davis

# Substance Abuse

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## 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 partici-

pate 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.



Credit: Lisa Wells



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 (a blood alcohol level of .08 percent or higher creates a presumption of intoxication, but can be charged with lower blood alcohol levels); drinking or possessing an open container of alcohol while driving; and operating a bicycle while intoxicated. 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. While taking the eCHECKUP TO GO self-assessment located on the [Safe Party website](#) is required of all incoming UC Davis students, any student can complete this brief confidential survey at any time at no charge. The eCHECKUP TO GO feedback helps identify personal risk patterns and offers harm reduction strategies related to alcohol use. More information is available at [Safe Party](#) or by calling 530-754-4878.
- 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.

- New Collegiate Recovery Group: Recover, Inspire, Support, Empower (AGGIE RISE) meets weekly in the Student Community Center. 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) or [macasillas@ucdavis.edu](mailto:macasillas@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.

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](#)

## 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, impotency, immune system impairment, kidney failure, and cirrhosis of the liver. Substance abuse is correlated with high-risk behavior that could lead to accidents and injury, increased risk of contracting a sexually transmitted infection, or unwanted pregnancy. Drugs and alcohol might also 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](#)
- [Mixing Drugs](#)



Credit: Dave Jones