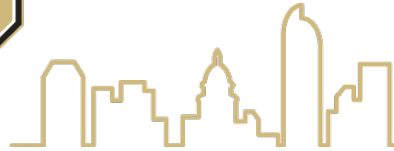




University of Colorado **Denver**



CU IN THE CITY

BIENNIAL REVIEW REPORT:

**DRUG FREE SCHOOLS AND
COMMUNITIES ACT (DFSCA)**

2018-2020

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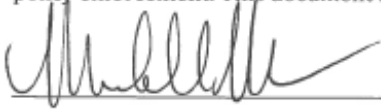
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This report was prepared by Hayase Yoshizumi, Health Promotion & Engagement Coordinator for the University of Colorado Denver.

CHANCELLOR'S LETTER

In compliance with the Drug-Free Schools and Communities Act (DFSCA), and the Drug-Free Schools and Campuses Regulations, the University of Colorado Denver has provided the Biennial Review Report on the effectiveness of its alcohol and other drug (AOD) programs and the consistency of policy enforcement. This document has been reviewed and approved.



9/11/20

Michelle A. Marks
Chancellor
University of Colorado Denver

Date

INTRODUCTION

DRUG-FREE SCHOOLS AND COMMUNITIES ACT

The Drug-Free Schools and Communities Act (DFSCA), as articulated in part 86 [EDGAR], the Drug and Alcohol Abuse Prevention Regulations (Drug-Free Schools and Campuses Regulations), require that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees. If audited, failure to comply with the Drug and Alcohol Abuse Prevention Regulations may cause an institution to forfeit eligibility for federal funding.

Compliance with the regulations requires an IHE to complete the following:

1. Prepare a written policy on alcohol and other drugs.
2. Develop a sound method for distribution of the policy to every student and IHE staff member each year.
3. Prepare a biennial review report on the effectiveness of its alcohol and other drug (AOD) programs and the consistency of policy enforcement.
4. Maintain its biennial review report on file so that, if requested to do so by the U.S. Department of Education, the campus can submit it.

In order for this review to be completed several university offices and personnel contributed information, data, and resources.

Office of Health Promotions
Wellness & Recreation Services
Dean of Students Office

Office of Case Management
Human Resources
Office of Student Conduct and Community Standards
Office of University Counsel
Student and Community Counseling Center
Health Center at Auraria

The information gathered for this review will be available online through the Wellness & Recreation Services site (ucdenver.edu/wellness). Printed copies may be requested from Wellness & Recreation Services.

COMPLIANCE

The 2020 Biennial Review of the University of Colorado Denver Campus policies, programs, and assessments relating to alcohol and other drugs (AOD) was conducted in the Spring and Summer 2020 semesters. The objectives of the review as identified by the U.S. Department of Education include:

1. Determining the effectiveness of and implementing any needed changes to alcohol and other drug programs, and
2. Ensuring that the disciplinary sanctions for violating standards of conduct are enforced consistently.

The written Biennial Review is available to anyone who asks for a copy and is posted online (ucdenver.edu/wellness). Although federal law requires the Biennial Review and institutions must retain it in their files, it is not reported to any federal or state agency, unless requested through an audit conducted by the Higher Education Center.

ALCOHOL AND OTHER DRUG PROGRAM GOALS

The University of Colorado Denver is committed to providing information to students, faculty and staff on the use and abuse of alcohol and other drugs (AOD), ensuring that appropriate information and resources are available, and that faculty, staff and students are sanctioned appropriately regarding any illegal use or abuse of substances on campus. AOD education efforts on campus include harm reduction, peer education and activities and events that support abstaining from the use of AOD.

PROGRAMS ADDRESSING AOD USE AND ABUSE

DENVER CAMPUS

Campus Assessment, Response & Evaluation Team (CARE) and Office of Case Management

The CARE team and Office of Case Management are available to support students throughout their attendance at the university. The team strongly encourages members of the campus community to report any students who may be struggling, which includes suspicions of alcohol and drug use. The Office of Case Management reviews and assesses the information and provides students with the necessary supports, referrals and treatment options as appropriate.

Student and Community Counseling Center

The SCCC offers individual and group therapy for students. One of the services provided by the center includes the Collegiate Recovery Community (CRC). This group is an open, weekly support group that assists students in moderating their use of Alcohol and other substances. The SCCC offers participants resources, skills, and tools to moderate substance use with the goal of increasing student retention and academic success. Groups are held on a weekly basis and focus on issues common to college students such as learning ways to have fun that do not include substances or alcohol. Following the mission of providing culturally competent services, groups are facilitated with a focus on inclusivity to honor diverse worldviews of our student body.

Student Conduct and Community Standards

The Office of Student Conduct and Community Standards offers support to the community by holding students accountable for violations of the student code of conduct. Those students who violate the code in relation to drug and alcohol are taken through the conduct process. This process involves:

1. Notification of alleged violations of the Student Code of Conduct.
2. One-on-One meetings to discuss the incident in relation to the established Learning Objective Domains.
3. Sanctioning based on learning and growth aligned with the learning outcomes. Common sanctions for alcohol and drug violations include (in addition to individualized sanctions, as seen in AOD Data, Appendix 2):
 - a. Alcohol and Cannabis courses offered by the Office of Health Promotions.
 - b. Substance Abuse Assessment including mandating all recommendations given in the assessment.
 - c. Suspension

As outlined in FERPA, the Office of Student Conduct and Community Standards will notify parents or guardians the first time and every subsequent time a student is found to have violated Code of Conduct policies on the use or possession of alcohol or other drugs when the student is under the age of 21.

Office of Health Promotions

The Office of Health Promotions within the department of Wellness & Recreation Services offers drug and alcohol awareness programming on campus and maintains programs and positions that specifically focus on the health and wellness aspects of these issues. Programs and events offered include:

Coalition for Alcohol and Drug Educators (CADE) Grants

The Office of Health Promotions received a 2-year grant with the National Association of Student Personnel Administrator's (NASPA) CADE based in Denver, CO. This \$2,500 grant provided additional funding for the office used for supplies and programming to address AOD issues. A second \$2,000 grant was secured by CADE during the spring of

2019 to be used as incentives for students to participate in the campus-wide American College Health Association – National College Health Assessment survey.

National College Health Assessment

The NCHA survey was administered by the Office of Health Promotion in March 2019 to CU Denver students for a two week period. Eight percent (8%) of CU Denver students took the survey. Incentives were offered, multiple outreach attempts and three email reminders were initiated to gather student response. This survey was administered at the same time as other University of Colorado system locations. (AOD specific results included in AOD Data, Appendix 3)

Peer Wellness Educator Program

Peer Wellness Educators (PWE's) are students who serve as facilitators and educators around health and wellness issues on campus, including drugs and alcohol. The PWE's are certified through NASPA's Certified Peer Educator (CPE) Course and promote learning objectives for each event.

Tie Dye to Not Drive High

In Spring 2019, this event took place before 4/20, known to be a holiday for cannabis culture. The event served to promote cannabis safety, awareness around driving under the influence of cannabis, and overcoming challenges in preventing peers from driving after use. By attending, students were provided data indicating 4/20 to be a high-risk event for car accidents. Students were asked to make a pledge to not drive while intoxicated, prevent their peers from driving while intoxicated, and/or reduce or abstain from using cannabis products around the holiday. Students selected a colored leaf representing their year in school and place it on an art collage showing CU Denver student's support regarding this issue.. Each student who made a pledge received a t-shirt they tie-dyed with the help of PWE's. During this time, PWE's discussed with students how they would stop their peers from driving while intoxicated and provide strategies they could use.

Alcohol Education Course (CHOICES)

This is a 4 hour course assigned to students facing their first alcohol violation through the student conduct process. This program examines the student use of alcohol compared to other college students, perceptions around social norms, consequences of alcohol use, standard drinks, blood alcohol concentration, motor vehicle penalties, and campus policies. Activities include fatal vision to address tolerance and drinking and driving, pour me to practice standard drinks, and steps to identify a victim with alcohol poisoning and practicing the recovery position. This program utilizes the CHOICES workbook providing brief, research-based methods allowing students to reevaluate their choices around alcohol. The workbook engages in self-reflection, discussions, and strategies to help students make informed decisions.

Cannabis Education Course (CHOICES)

This is a 4 hour course assigned to students facing their first cannabis violation through the student conduct process. This program examines the student use of cannabis compared to other college students, perceptions around social norms, consequences of cannabis use, effects on mental health and academics, motor vehicle penalties, campus policies, and goal setting to reduce cannabis use. Activities include value cards sort,

decisional balance to promote change in their cannabis use, and t-break guides that support students wanting to take a 21 day break from use. This program utilizes the CHOICES workbook providing brief, research-based methods allowing students to reevaluate their choices around cannabis. The workbook engages in self-reflection, discussions, and strategies to help students make informed decisions.

Alcohol Workshop

In the Fall 2019, a free 1 hour course was offered to students that examined social norms, consequences of alcohol use, standard drinks, blood alcohol concentration, motor vehicle penalties, campus policies, how to help friends in an alcohol related emergency, and the fatal vision activity incorporating BAC goggles.

Cannabis Workshop

In the Fall 2019, a free 1 hour course was offered to students that examined Amendment 64, consequences of heavy use, effects on mental health and sleep, driving while intoxicated, motor vehicle penalties, campus policies, and resources to help students take a break from use.

Have a Little Pot Day

This is an interactive program that uses an interesting and catchy title to engage students. This program focuses on cannabis, specifically the composition, health effects and laws. As students approach the table, PWE will provide pamphlets with information on cannabis related to Colorado, have discussions, and provide a kit to grow a mint plant for students who participate.

Cannabis Jenga

This is an interactive program that uses a fun game to test and increase student's knowledge on cannabis. This program focuses on the composition, methods of use, potency, health effects, laws and regulations of cannabis in Colorado. Students pull out a jenga piece with a number on it, and will be asked a trivia question based on that number. If they get a certain amount of questions correct, they receive a prize from PWE's.

Take A Shot

This is an interactive program that promotes safety around alcohol use, discuss binge drinking, and promote the Good Samaritan policy. A portable basketball hoop is set up next to a table and PWE's will ask student's walking in the hall if they want to "take a shot?". Participants will then be asked to write down a safety tip related to alcohol use on a collage for a chance to shoot a free throw for a prize. If they miss, they can write down another safety tip for another free throw. PWE's will engage in discussions around the dangers of binge drinking in relation to college students and will explain the Good Samaritan policy in keeping their peers safe.

Can You Spot the Pot

This is an interactive program that allows students to identify snacks and candies that have cannabis in them (edibles). Once students have given their best effort to explain their reasoning, PWE's engage in conversation relating to edible education and safety. Pamphlets are provided around edible awareness and students will be able to learn how to identify edibles based on required packaging guidelines to prevent child use.

First Year Student Outreach/Workshops

The Office of Health Promotions focuses on outreach for first-year students as an identified at-risk population and provides programming in collaboration with Housing & Dining and the First Year Experiences (FYE) program. The following are programs catered towards first year students:

Campus Safety and Wellness Presentation

In Spring 2019, a 20 minute presentation was given at New Student and Transfer Student Orientation to address overall campus safety for students, drug and alcohol awareness, sexual harassment, student conduct process and emergency preparedness.

Discover Wellness

Is an event that occurs during move-in week, at the Student Wellness Center. PWE's lead an activity at the Wellness Suite where students put on BAC goggles and are asked to walk a straight line taped on the ground. The workshop teaches students about standard drinks, Blood Alcohol Concentration (BAC) and identify how many drinks it takes to get to point of diminishing returns using BAC cards. PWE's will then educate students on the dangers of binge drinking and will explain to participants the Good Samaritan policy at CU Denver.

First Floor Meeting

At the start of each semester in the 2019-2020 school year, in-coming students at the residence hall Campus Village Apartments (CVA) received a presentation by PWE's on effects, policies, and consequences of cannabis. With the majority of AOD violations taking place on campus, the goal of this partnership was to provide prevention education to student residents to reduce AOD violations taking a proactive approach.

First Year Experience Course

Instructors for First Year Experience (FYE) courses can request to have a 30 minute alcohol or cannabis education course presented to their students. Requests for presentations can be accepted with a 2 week notice.

FYE Professional Development

Students enrolled in FYE courses are referred to attend a 1 hour alcohol or cannabis workshop hosted by the Office of Health Promotions. During these presentations, PWE's educate first year students on the issues and effects of substance use related to the college population, and lead them through activities to promote harm reduction and understanding campus policies around substance use.

Health Center at Auraria

The Health Center at Auraria offers a variety of services, programs and materials to support alcohol and drug education.

Referral Program

The Health Center at Auraria offers a referral program for any CU Denver student for alcohol or substance abuse. The individual does not need to be a current Health Center

patient. The individual is able to have a personalized appointment and based upon their personal circumstances, recommendations for treatment facilities are offered.

Individual Assessment

The Health Center at Auraria assesses for tobacco, alcohol and substance use in the initial intake appointment with medical and mental health providers and continues to assess these topics on a case-by-case basis as needed.

Auraria Recovery Community

In 2019, staff from the Health Center at Auraria joined an advisory committee for a newly formed Collegiate Recovery Community on campus. Funding, advising, marketing support and awareness campaigns have been part of the Health Center's involvement.

Tabling

In 2018 and 2019, the Health Center at Auraria held additional outreach and education tabling events as a way to engage with more students in a variety of campus locations. The Health Center tabled a total of 10 times with a focus on alcohol, drugs or tobacco use.

Social Norms Campaign

In the Fall of 2019, the Health Center at Auraria launched a poster and tabling campaign based upon the 2018 ACHA-NCHA survey addressing perceived and actual alcohol and cannabis use.

Events

All events have a survey associated with the event focusing on satisfaction, learning outcomes and suggestions for future events. The majority of students who attended the events in 2018 and 2019 reported that they learned something new during the events. In particular, for marijuana use, many students reported that they did not know about the negative outcomes of using marijuana.

Alcohol Awareness Week

In 2018 and 2019, Alcohol Awareness Week had content and activities focused on the consequences of over-use, practical skills to employ to reduce risks, and social norming around the rate of use and perceptions of use.

Great American Smoke-Out

In 2018 and 2019, Great American Smoke-Out focused on psychoeducation and consequences of tobacco use including social smoking, hookah and vaping use as well as marijuana use.

Travel Safe

In 2019, Travel Safe was held prior to Spring Break. This event focused on signs of alcohol poisoning, safer sex, DUI prevention, sun safety, mental health and harms of tobacco use.

Pop Knowledge, Not Pills

In 2019, Pop Knowledge, Not Pills was held to bring awareness to prescription stimulant medication misuse. Resources, a drug take back box, psychoeducation

around the rates of misuse and diversion among college students and information on psychological and physiological effects were addressed.

Power of Flower: A Blunt Conversation About Today's Cannabis

In 2019, Power of Flower: A Blunt Conversation About Today's Cannabis was a guest-speaker event that brought in Dr. Libby Stuyt to speak about cannabis' personal and societal impacts, changes in potency over the years and social norming conversations.

Fresh Check Day

In 2019, Fresh Check Day addressed multiple topics surrounding mental health and wellness, including substance use. Psychoeducation around alcohol use, portion sizes and available campus and community resources was provided.

AOD POLICIES & DISTRIBUTION

University of Colorado System Alcohol Policy (covers all CU campuses):

Alcoholic Beverages Purchased for University Events

This policy sets forth parameters for using university funds to purchase alcoholic beverages for personal consumption at university events. For guidance regarding sales, service, or consumption of alcoholic beverages, organizational units should consult relevant risk management and campus policies.

<https://www.cu.edu/sites/default/files/4018.pdf>

<https://www.cu.edu/psc/procedures/alcoholic-beverages-purchased-university-events>

University of Colorado Denver alcohol related policies:

Alcohol Policy

The purpose of this policy is to set forth campus rules regarding the serving and or sale of alcohol on any property that is owned, leased or licensed by the Regents or the State of Colorado on behalf of The University of Colorado Denver. The consumption of alcoholic beverages on the Auraria Campus is governed by the Auraria Higher Education Center's (AHEC) administrative policies. AHEC policies, if applicable based on venue, would be in addition to the policy statements detailed below and must be followed when applicable.

https://www.ucdenver.edu/faculty_staff/employees/policies/Policies%20Library/3XXX%20General%20Administration/3050%20-%20Alcohol%20Service.pdf

2019 Annual Security and Fire Safety Report

https://www.ucdenver.edu/docs/librariesprovider37/default-document-library/2019-annual-security-report--cu-denver.pdf?sfvrsn=a6a643b9_12

Auraria Higher Education Center alcohol related policies:

Special Events Involving Alcohol

Certain facilities on the Auraria Campus are designated as non-public spaces for the purpose of consuming liquor, wine, or beer (alcoholic beverages). Any sale, distribution, or consumption of alcoholic beverages in any other locations except as provided for under specific license, is prohibited. Alcohol is generally not allowed in any common areas of the buildings.

<http://www.ahec.edu/files/general/Policy-Special-Events-Involving-Alcohol.pdf>

University of Colorado Denver Human Resources Policies

It is a violation of University policy for any member of the faculty, staff or student body to jeopardize the operation or interests of the University of Colorado through the use of alcohol or drugs.

https://ucdenver.edu/faculty_staff/employees/policies/Policies%20Library/4XXX%20Human%20Resources/4003%20-%20Drug%20and%20Alcohol%20Information%202017%20Drug%20Free%20Schools%20Report%20CU%20Denver-6.pdf

University of Colorado Denver Student Code of Conduct

<http://www.ucdenver.edu/life/services/standards/Documents/CUDenver-CodeofConduct.pdf>

Drug Policy

Possessing, using, providing, manufacturing, distributing, or selling drugs or drug paraphernalia in violation of law or university policies. Use or possession of marijuana, including medical marijuana used or possessed under Colorado Constitution Article 18, section 14, is strictly prohibited on campus. Any such use or possession is a violation of the student code of conduct.

In addition, the state constitutional amendment authorizing individuals over the age of 21 to recreationally use marijuana (“Amendment 64”) does not change this prohibition or authorize a student to use marijuana. Federal law, including the Drug Free Schools Act, prohibits the presence or use of drugs, including marijuana. Thus marijuana use or possession, even if in compliance with Amendment 64, is prohibited on campus

a. Students may violate the student code of conduct if in the presence of prohibited behavior involving drugs. This includes students who knew, or reasonably should have known they were in the presence of drugs, or possessed, displayed, or was in the presence of drug paraphernalia.

b. Misuse of legal substances; use of general products as intoxicants or “means to get high”; and inhaling or ingesting a substance (including but not limited to nitrous oxide, glue, paint, gasoline, solvent, etc.) other than in connection with its intended purpose is also prohibited.

c. Driving while under the influence of drugs.

d. Use of a prescription drug other than by the person to whom the drug is prescribed and in accordance with the prescription is prohibited. This includes sharing drugs such as Ritalin or Adderall.

e. Attending classes or university functions under the influence of drugs shall also be considered a violation of this student code of conduct. This includes disruptive behavior while under the influence of alcohol at official university functions

Alcohol Policy

Possessing, using, providing, manufacturing, distributing, or selling alcoholic beverages in violation of law or university policies.

a. If an underage student is at CU Housing and Dining, this prohibition includes a student who knew, or reasonably should have known they were in the presence of alcoholic beverages, or possessed, displayed, or was in the presence of alcohol containers.

b. Attending classes or university functions under the influence of alcohol shall also be considered a violation of this student code of conduct. This includes disruptive behavior while under the influence of alcohol at official university functions where alcohol is served.

c. Driving while under the influence of alcohol

The health and safety of members of the University of Colorado Denver are the primary concerns of the University. The University is committed to ensuring that students obtain timely medical assistance for themselves and for their peers. To this end, we have instituted a "Good Samaritan" provision for drug, alcohol, and intimate partner violence related incidents.

Information regarding student conduct and expectations for student behavior around drugs and alcohol are delivered to all incoming freshman students at new student orientation. This information is also covered at transfer student orientation and is available to all campus community members via the Graduate School website and the Student Conduct and Community Standards website.

ANALYSIS OF EFFICACY OF AOD USE AND ABUSE EFFORTS

Student Conduct and Community Standards

Through the collaborative efforts of multiple CU Denver offices addressing AOD use, Student Conduct has seen a decrease in both alcohol and drug violations when comparing the 2018-2019 fiscal year with the 2019-2020 fiscal year (as seen in AOD Data, Appendix 1).

Office of Health Promotions

National College Health Assessment

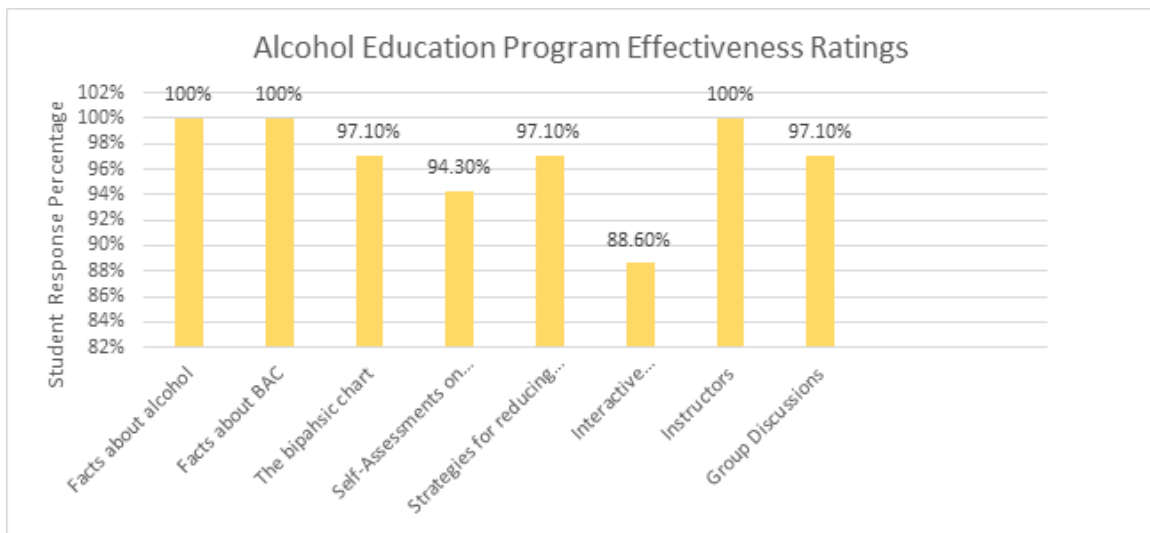
The 2019 AOD Snapshot in AOD Data, Appendix 3, indicates that CU Denver Students self reported higher rates of alcohol and drug use, using prescription medication that

were not prescribed to them, didn't receive consent when having sex, and had suicidal ideation while drinking, at higher rates than the Spring 2019 national average. Regarding questions related to binge drinking and using protective strategies when partying or socializing, CU Denver students reported using these strategies more often than the Spring 2019 national average, and engaged in binge drinking less. Implementing the survey provided the university with worthwhile results in comparison to the national average and have given insight for prevention educators to address student substance use, prescription medication misuse, consent, and suicidal ideation under the influence.

Alcohol Education Course

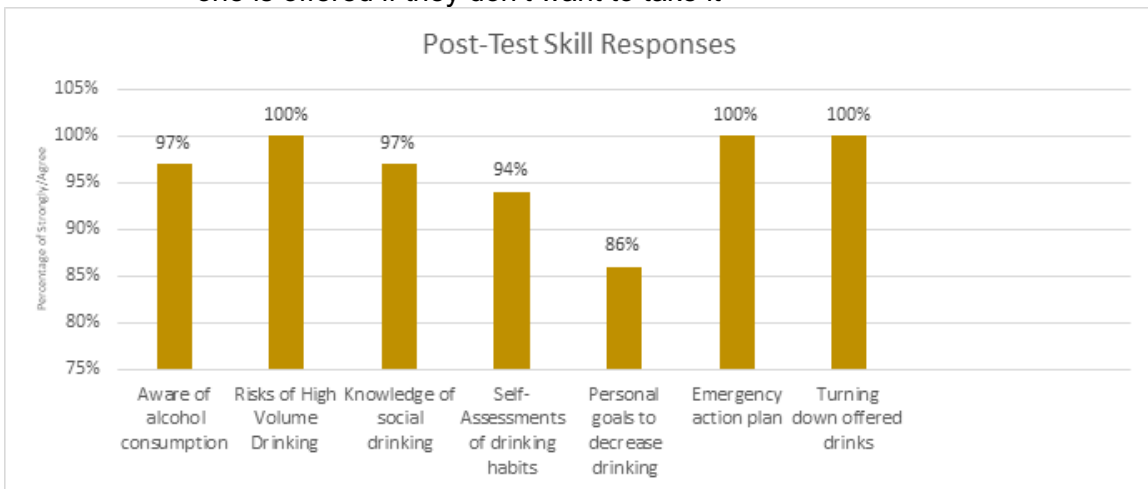
This class was found to be effective for the following quantitative and qualitative data received from anonymous course evaluations. We have received 35 responses which is a 100% response rate by all attendees of the course in the 2018-2020 fiscal years.

- Quantitative responses:
 - 91% of participants rated the program as Excellent/Good
 - 40% will definitely discuss the contents of this program with peers
 - 69% think this program will help reduce their risk of exposure to harm associated with alcohol use
 - 63% are likely to change some aspect of their alcohol related behaviors as a result of this experience
 - Students rated the program Very Effective/Somewhat Effective in motivating students to make low risk drinking choices for the following:
 - Facts about alcohol: 100%
 - Facts about BAC: 100%
 - The biphasic chart: 97.1%
 - Self-Assessments on drinking habits: 94.3%
 - Strategies for reducing risk: 97.1%
 - Interactive Journal/Workbook: 88.6%
 - Instructors: 100%
 - Group Discussions: 97.1%



- Qualitative responses

- “Wearing the (BAC) goggles and applying the effects to real world situations”
- “The instructors made it engaging and informative. They didn’t judge you or your actions, they just want you to be educated and safe”
- “Learning specifics about BAC and how it correlates to actual effects on the body”
- “The thing I liked most about this experience was the variety between slides, workbook, and activities”
- “Learning information I can use to save people later (spotting alcohol poisoning and the recovery position”
- “It gave me a new perspective on ways to be safe when drinking; the activities helped a lot with that”
- Participants at the completion of the class also took a post-test and reported leaving with the following skills
 - 97% strongly/agree that being aware of how much pure alcohol they are consuming when they drink is important
 - 100% strongly/agree that drinking a lot of alcohol in a short period of time would put them at risk
 - 97% strongly/agree that they do not need to drink alcohol in order to have fun when they socialize
 - 94% strongly/agree that it’s important to have a plan in mind to limit their drinking before going out
 - 86% strongly/agree that their personal goals (e.g., academic, social, athletic, etc.) keep them from drinking too much
 - 100% strongly/agree that if a friend passes out from drinking, they would know what action to take and do it
 - 100% strongly/agree that they are comfortable turning down a drink when one is offered if they don’t want to take it



Cannabis Education Course

This class was found to be effective based on the following quantitative and qualitative data received from anonymous course evaluations. We have received 13 responses which is a 100% response rate by all attendees of the course in the 2018-2020 fiscal years.

- Quantitative responses:
 - 100% of participants rated the program as Excellent/Good
 - 69% of participants would recommend this program to freshmen students
 - 92% of participants will discuss the content of this program with peers
 - 92% of participants think this program will reduce their risk of exposure to harm associated with cannabis use
- Qualitative responses
 - “Neutral, informative cannabis education”
 - “Students that go to CU Denver gave the presentation”
 - “I felt that I was in a safe place to talk”
 - “I learned about Colorado’s cannabis history”
 - “I felt respected as a person”
 - “I liked the positive and supporting staff working the class”
 - “You WILL learn something”

Alcohol Workshop

In Fall 2019, 8 students attended this workshop, all of them first year students referred through the FYE course. The post presentation survey indicated that 100% of attendees were able to recall at least 1 learning outcome from the presentation. 75% reported they Strongly Agree/Agree that the content was relevant to their personal development. In the future, a post-test will be given to participants, similar to the 4 hour Alcohol Education Course, to identify whether students retained harm reduction skills as a result of the presentation.

Cannabis Workshop

In Fall 2019, 10 students attended this workshop. Our post presentation survey indicated that 100% of attendees were able to recall at least 1 learning outcome from the presentation. 88% reported they Strongly Agree/Agree the content was relevant to their personal development. In the future, a post-test will be given to participants to identify whether students gained harm reduction skills as a result of the presentation.

Tie Dye to Not Drive High

In Spring 2019, there were 68 students that participated in the event; 14 first-years, 11 second-years, 25 third-years, and 18 four+ years/graduate school. An article was written by the student newspaper (The Sentry) promoting the message of the event. The event was also recognized by NASPA’s CADE as a campus spotlight and was shared with prevention educators at community colleges and universities across the state of Colorado.

Discover Wellness

In Fall 2019, there were 22 first-year and transfer students that participate in the program. Each student received a BAC card and received information on how many drinks it will take for them to reach the point of diminishing returns based on their gender and weight, and was made aware of the Good Samaritan policy.

Campus Safety and Wellness Presentation

During New Student Orientation for the incoming Fall 2019 class, a total of 1,841 students received information regarding campus safety, drug and alcohol awareness, sexual harassment, student conduct process and emergency preparedness.

Parents/guardians, guests and supportive friends and family of students we're present during the presentation. Those in attendance received strategies to assist in prevention efforts and resources for their students. Due to the large amount of students and support systems reached through this presentation, this program was considered to be a success.

First Floor Meeting

In the 2019-2020 fiscal year, there were a total of approximately 400 in-coming student residents in both the Fall and Spring semester, who received substance education from PWE's at the Campus Village Residence Hall during their first floor meeting. The goal of this program was to take a proactive approach in reducing AOD violations and reduce the consequences of AOD use with first-year students. With the reduction of violations seen in AOD Data, Appendix 1, this program was considered to be a success in meeting its intended goal.

Health Center at Auraria

The following is the participation recorded at the following Health Center at Auraria events delivered to address AOD use. The Health Center at Auraria serves the 3 institutions housed on Auraria campus includes CU Denver, Community College of Denver, and Metropolitan State University. The participation data presented below includes students from all institutions housed on the Auraria campus.

Alcohol Awareness Week:

115 attendees (2018), 183 attendees (2019)

Great American Smoke-Out:

167 attendees (2018), 98 attendees (2019)

Travel Safe:

187 attendees (2019)

Pop Knowledge, Not Pills:

112 attendees (2019), Event survey indicated that 65-80% of attendees left with resources, coping skills, and corrected perceptions of rate of use around prescription medication misuse.

Power of Flower:

34 attendees (2019)

Fresh Check Day:

55 attendees (2019)

PROGRAM AND POLICY RECOMMENDATIONS

- 1) Successfully enact a 100% smoke free campus policy over the next 1-3 years. Efforts are in progress, and an interest question was added in the 2020 election taking place in April 2020. The results indicate that 70% of students at the Auraria campus are in favor of a 100% smoke free campus policy. Goals for the next year is to promote awareness around nicotine issues to students and expanding nicotine cessation programs at the Health Center at Auraria.
- 2) Develop Social Norming Campaign using NCHA and other surveys regarding our student population to address misconceptions around substance use.
- 3) Address AOD issues prevalent to our student population indicated from NCHA survey results and collaborate with offices where these topics intersect with their services or programs.

UNIVERSITY SANCTIONS & AVAILABLE SERVICES

Disciplinary sanctions for CU Denver employees who violate drug and alcohol laws in violation of this policy

It is a violation of University policy for any member of the faculty, staff, or student body to jeopardize the operation or interests of the University of Colorado through the use of alcohol or drugs. Sanctions that will be imposed by the University of Colorado for employees who are found to be in violation of this policy may include discipline up to and including termination of employment.. Compliance with this policy is a condition of employment for all employees.

Disciplinary sanctions for CU Denver students who violate drug and alcohol laws in violation of this policy

The University of Colorado Denver has developed numerous educational sanctions and opportunities for students found in violation of drug and alcohol policies.

- Education Courses
- Parent/Guardian Notification
- Reflection Papers
- Substance Abuse Evaluation
- Disciplinary Warning
- Housing Probation
- Housing Termination
- Housing Exclusion
- Disciplinary Probation
- Disciplinary Suspension
- Disciplinary Expulsion
- Auraria Campus Exclusion
- Counseling Intake

Good Samaritan Provision

Available Treatment Options and Referral Services

CU Denver Campus:

- Community treatment agencies throughout the Denver Metro Area
- Student and Community Counseling Center
- Collegiate Recovery Community
- Alcoholics Anonymous / Narcotics Anonymous meetings
- Al-Anon Meetings
- Health Center at Auraria
- Colorado State Employee Assistance Program

AOD DATA (APPENDIX)

Appendix 1

CU Denver Campus Alcohol and Drug Violations

The following table represents the number of students found to be in violation of the alcohol and drug policies by the Office of Student Conduct and Community Standards.

Responsible Finding for:	July 1, 2018- December 31, 2018	January 1, 2019- June 30, 2019	July 1, 2019- December 31, 2019	January 1, 2020- June 30, 2020
Alcohol Violation	40	23	23	15
Drug Violation	31	23	14	9
Total	71	46	37	24

Appendix 2

Sanctions Assigned to CU Denver Students for Violations

The following table represents the alcohol and drug sanctions assigned to students for violating the Student Code of Conduct.

Sanction in Incident Involving Alcohol or Drugs	July 1, 2018- December 31, 2018	January 1, 2019- June 30, 2019	July 1, 2019- December 31, 2019	January 1, 2020- June 30, 2020
CU Denver Alcohol Education Course	19	15	11	2
CU Denver Cannabis Education Course	2	6	2	6
ISAE Alcohol Education Course	4	N/A	N/A	N/A
ISAE Drug Education Course	7	N/A	N/A	2
Parent/Guardian Notification	44	14	12	N/A
Reflection Paper (Not connected to Education Course)	29	5	10	N/A
Substance Abuse Evaluation	3	6	2	2
Disciplinary Warning	24	6	2	2

Housing Probation	4	4	1	2
Housing Termination	3	3	N/A	1
Housing Exclusion	3	4	N/A	N/A
Disciplinary Probation/Probation with Loss of Good Standing	6	3	1	1
Disciplinary Suspension	0	1	N/A	N/A
Disciplinary Expulsion	0	0	N/A	N/A
Auraria Campus Exclusion	0	0	N/A	N/A
Counseling Intake	N/A	N/A	2	4
Good Samaritan Provision	N/A	N/A	N/A	2
Other	10	N/A	5	5

NOTE: Alcohol & Drug Education Course includes a reflection paper.
NOTE: Substance Abuse Evaluation includes a follow-up meeting.

Appendix 3

National College Health Assessment: 2019 AOD Snapshot

The following table is a summary of results relating to AOD use self-reported by 8% of the CU Denver student body through the National College Health Assessment administered in March 2019. These are compared with the results from the national average collected from all the universities that participated in the survey from the Spring 2019 semester.

Students Reported the Following:	Spring 2019	National Avg (Spring 2019)
Within the last 12 months, alcohol use affected their individual academic performance	3.7%	2.9%
Within the last 12 months, drug use affected their individual academic performance	3.2%	1.9%
Any alcohol use within the last 30 days	62%	58.4%
Any Cannabis use within the last 30 days	29.7%	22.1%
Driving after having 5 or more drinks in last 30 days	1.2%	1.3%
Driving after having any alcohol in the last 30 days	27.4%	19.0%
Reported number of drinks consumed the last time students “partied” or socialized		
4 or fewer	71.5%	65.2%
5	9.9%	11.3%

	6	6.8%	7.9%
	7 or more	11.8	15.6%
Reported number of times college students consumed 5 or more drinks in one sitting within last 2 weeks			
	N/A Don't drink	26.5%	29.6%
	None	50.3%	44.8%
	1-2 times	18.6%	19.4%
	3-5 times	3.7%	5.3%
	6 or more	1%	0.9%
Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months			
	Antidepressant	4.3%	3.4%
	Erectile Dysfunction drugs	1.5%	0.9%
	Pain Killers	5.8%	4.2%
	Sedatives	4.8%	3.0%
	Stimulants	7.2%	5.9%
	Used 1 or more of the above (polysubstance user)	14.2%	11.4%
College students reported doing the following most of the time or always when they partied or socialized during the last 12 months			
	Alternate non-alcoholic with alcoholic beverages	45.3%	39.9%
	Avoid drinking games	50.3%	40.5%
	Choose not to drink alcohol	23.9%	24.6%
	Determine in advance not to exceed a set number of drinks	44.1%	43.7%
	Eat before and/or during drinking	81.7%	82.2%
	Have a friend let you know when you have enough	38.5%	42.8%
	Keep track of how many drinks being consumed	72.4%	70.3%
	Pace drinks to one or fewer an hour	43.8%	36.3%
	Stay with the same group of friends the entire time drinking	90.9%	90.1%
	Stick with only one kind of alcohol when drinking	55.1%	52.8%
	Use a designated driver	88.7%	87.0%
College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol			

Did something you later regretted	27.7%	31.5%
Forgot where you were or what you did	22.4%	26.5%
Got in trouble with the police	2.2%	1.8%
Someone had sex with me without my consent	1.5%	2.3%
Had sex with someone without their consent	0.4%	0.3%
Had unprotected sex	21.2%	21.9%
Physically injured yourself	9.3%	12.1%
Physically injured another person	0.6%	1.1%
Seriously considered suicide	5.3%	4.4%