

# **Biennial Review of the University of Mary Washington's Alcohol and Other Drug Programs – Completed 8/1/2013**

## **Review Participants:**

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## **Introduction:**

The Higher Education Act of 1965 (as amended by the Safe and Drug-Free Schools and Communities Act of 1994) requires that any institute of higher education receiving federal financial aid, such as the University of Mary Washington, must adopt and implement a program to prevent the use of illicit drugs and the abuse of alcohol by students and employees. The Department of Education's regulations at 34 C.F.R. Part 86 implement this provision, requiring that colleges and universities must 1) distribute certain drug and alcohol prevention information to students and employees every year; and 2) conduct a review of their drug and alcohol prevention programs, and their effectiveness, every other year. This document constitutes a biennial review for the University of Mary Washington ('UMW') during the period between August 1, 2011 and July 31, 2013.

## **This review is comprised of the following sections:**

- I. Standards of conduct prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol.
- II. Local, state, and federal laws and sanctions related to illicit drugs and alcohol;
- III. Health risks associated with the use of illicit drugs and alcohol;
- IV. Drug or alcohol counseling/treatment programs available;

- V. Sanctions for violations of UMW's Code of Conduct prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol;
- VI. On-campus resources and information;
- VII. Off-campus resources and information;
- Appendix. Review of actions taken and sanctions issued to reduce the negative impact of alcohol and other drugs on the UMW community.

## **I. Standards of conduct prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol.**

UMW recognizes that the misuse and abuse of alcohol and drugs is a persistent social and health problem of major proportion in our society and that it interferes with the goals and objectives of any educational institution. Accordingly, UMW does not encourage the use of alcoholic beverages and strongly discourages illegal or otherwise irresponsible use of alcohol and drugs. Members of the University community are responsible for their decisions regarding their use of alcohol and drugs, as well as their behavior which occurs as a result of their decisions.

### **A. Alcohol Policy – Students** (<http://students.umw.edu/judicialaffairs/alcohol-policy/>)

#### **Principle on Which This Policy is Based:**

The laws of the Commonwealth of Virginia are clear and unambiguous: persons under the age of 21 are not to purchase, consume, or possess any alcoholic beverage; and that persons over 21 have these rights, but are prohibited by law from obtaining alcoholic beverages for the purpose of reselling or providing them to anyone under 21 years of age.

The University also prohibits intoxication by students of any age. Students who violate this rule are subject to sanctions. Those exhibiting symptoms of on-going substance abuse or addiction may also be required to have a substance abuse assessment.

The University endeavors to ensure that alcohol consumption by students on campus is handled maturely, responsibly, and in conformity with the law.

Serious and/or repeated violations of the University Alcohol Policy may lead to probation, suspension, or expulsion.

Persons requesting alcohol-related information or services may contact the Counseling and Psychological Services Center, Office of Residence Life, or the Office of Judicial Affairs and Community Responsibility.

Parents or guardians may be notified if a student is found responsible for repeated or severe violations of the Alcohol Policy. See “Parental Notification Policy” (below).

**Definitions:**

University-controlled public spaces: Those areas on campus for which the University has obtained (or can obtain) Alcoholic Beverage Commission licensing for the sale or service of alcoholic beverages. Included are the Campus Center, the Underground, and Kalnen Inn.

Intoxication: A student is determined to be intoxicated by instrumentation (e.g., AlcoSensor, blood test, breathalyzer); or by behavioral or physical manifestations, or failure of field sobriety tests. Any student under the age of 21 with a blood alcohol level of 0.02% or higher will be considered intoxicated. Intoxicated students may be transported to Mary Washington Hospital or arrested by the University Police.

Possession of alcohol: A student is considered to be in possession of alcohol if it is on his or her person or in his or her residence hall room.

Private spaces: Student rooms in University residence halls. All other space on the University of Mary Washington campus is considered to be public.

**Elements of the Policy:**

1. All students who are 21 years of age or older may possess alcoholic beverages of any type in upper-class residence hall rooms. These beverages may be served to other persons, who are also 21 years of age or over, in upper-class residence hall rooms. Underage students may not be present, unless they are residents of the room.
2. No student under 21 years of age may purchase, possess, or consume alcoholic beverages of any type.
3. No student shall possess or be under the influence of alcohol while operating or traveling in any vehicle.
4. Beer is the only alcoholic beverage that may be sold on campus by the food service company or other agents of the University.
5. Beer and wine are the only alcoholic beverages that may be served at functions where no admission is charged.
6. Beer must be served only in beer cans or bottles at any function where students of both legal age and underage are present.
7. Food services may sell keg beer at their regularly licensed location — the Eagle’s Nest.

8. Host responsibility applies to a residential student who is present and/or aware that his/her guests are engaged in underage consumption of alcohol within the host's room, or of-age intoxication which resulted from consumption within the host's room. Likewise, host responsibility includes ensuring that underage guests do not possess or consume alcohol and that guests of any age do not become intoxicated.

9. No alcoholic beverages may be consumed in public, nor may open containers of alcoholic beverages be transported in or upon public spaces. Alcoholic beverages are not permitted at any athletic contest, game or match.

10. No of-age persons (including parents) are permitted to bring alcoholic beverages into residence hall rooms where all assigned occupants are under the age of 21, or into any first-year residence hall. Of-age staff members residing in a first-year hall as a condition of their employment are allowed to bring alcoholic beverages into their room. Empty alcohol containers (decorative or otherwise) in rooms of underage individuals do not constitute a violation of the University's Alcohol Policy, but they do constitute a violation of the residence hall policy. Similarly, beer pong tables or devices associated with unsafe consumption of alcohol do not constitute a violation of the University's Alcohol Policy, but they do constitute a violation of the residence hall policy.

11. Violations of this policy will be reported to the Director of Judicial Affairs and Community Responsibility or designee who is charged with the responsibility for seeing that the provisions of the policy are carried out and that violations are dealt with.

12. Seriously intoxicated students will be referred to the University Police. Any student who is unresponsive or otherwise thought to be in danger of serious acute alcohol poisoning will be referred to the Emergency Room at Mary Washington Hospital for treatment. Violations of the policy against alcohol intoxication are reported to the Director of Judicial Affairs and Community Responsibility or designee.

**Parental Notification Policy:** (<http://students.umw.edu/judicialaffairs/parental-notification>)

The Family Educational Rights and Privacy Act (FERPA) allows for universities to notify certain family members if their student is found responsible for violating the institution's alcohol or drug policies, or state laws regarding alcohol or drug use. At the University of Mary Washington, a parent or guardian of any student under the age of 21 will be notified under the following conditions:

1. If the student is found responsible for violating the University's policy prohibiting alcohol intoxication, whether or not the student was arrested or transported to the hospital.
2. If the student is found responsible for a second or subsequent violation of the University's Alcohol Policy, regardless of the violation's seriousness.
3. If the student is found responsible for any violation of the University's Drug Policy.

A letter and/or phone call from the Dean of Student Life or designee will inform the parent/guardian. Typically, notification in these conditions does not occur until after the incident has been adjudicated, and the student's right to appeal the outcome has expired.

**B. Drug Policy – Students:**

The University of Mary Washington does not tolerate the possession or use of, or being under the influence of, illegal drugs. This policy also pertains to any University-sponsored event, or while operating or traveling in any Mary Washington or state-owned vehicle.

The University prohibits the possession, use, providing for other's use, manufacturing, and merchandising of illegal drugs. The possession of prescription drugs without a doctor's prescription, and the use of prescription drugs in a manner inconsistent with the prescription also are prohibited. Drug paraphernalia, including hookahs, are similarly prohibited. Students charged with violating any of these policies will be subject to judicial action. Students who violate state or federal drug laws may be subject to criminal prosecution as well.

For the purpose of this regulation, illegal drugs are defined as including, but not limited to: marijuana, "spice"/"K2," "bath salts," cocaine, crack, ice, hashish, amphetamines, LSD compounds, mescaline, psilocybin, DMT, narcotics, opiates, and other hallucinogens except when taken under a physician's prescription in accordance with the law.

Students who wish to seek counseling concerning the use of drugs are reminded that Counseling and Psychological Services and the Health Center are available for such help. Conferences with staff from these offices are confidential, subject to the standards of privacy established in the medical and counseling professions. Others, including the Dean of Student Life, the Director of Judicial Affairs, and the Director of Residence Life are also available to help students, but cannot guarantee absolute confidentiality.

Students are strongly advised against the use or possession of legal drug analogues, including but not limited to so-called "legal marijuana substitutes" and "herbal Ecstasy." The University investigates all suspected violations of the Drug Policy, and individuals performing authorized searches will take possession of suspicious materials, even though they may subsequently be found to be legal. Also, students are advised that the health risks associated with many of these analogues are not fully understood at this time.

Students arrested off campus for alleged violations of federal or state drug laws may be referred for judicial action on campus, particularly if the alleged violation is a felony.

UMW has made a strong commitment to be a drug-free community, and sanctions for violating UMW's Drug Policy are severe. Illegal drugs have no place in the UMW community. Sanctions will vary depending on the type(s) and quantity of illegal drugs involved, and the nature of the violation. For example, violations involving the apparent distribution, merchandising, or manufacturing of illegal drugs, regardless of type and quantity, are likely to result in permanent expulsion from this institution. Violations involving the possession or use of marijuana might result in suspension of the student(s) in violation for at least the remainder of the academic semester, and could result in expulsion. The possession or use of other illegal drugs also may result in more severe sanctions. For other violations (for example, possession of drug paraphernalia), educational sanctions and community restitution are among the possible sanctions.

When alerted to a possible violation of the Drug Policy in the residence halls, Residence Life staff members will investigate using the following guidelines:

**Plain View: Resident(s) Present in the Room** – Residence Life staff will contact the University Police supervisor on duty and explain circumstances. The supervisor will determine whether a criminal search or an administrative search and seizure is indicated. Residence Life staff members will announce/introduce themselves, state the reason for the room check, ask the resident(s) to confirm or deny the presence of drugs and, if confirmed, ask who is responsible. Materials in plain view will be confiscated by the staff members, a thorough search of the room will be conducted, and University Police will be called to collect the material. An Incident Report will be written and distributed to appropriate administrators (i.e., Asst. Director, Director of Residence Life, Dean of Student Life).

**Plain View: Resident(s) Not Present** – Residence Life staff will contact the University Police supervisor on duty and explain circumstances. The supervisor will determine whether a criminal search or an administrative search and seizure is indicated. In an administrative search and seizure, the Residence Life staff members will enter the room and confiscate any drugs in plain view. No search will be conducted at that time, but the room will be secured. When residents return, they will be directed to another location and the situation explained to them. Further searches may be conducted at that time, at the direction of University Police.

**Administrative Search** – After approval by the Vice President for Student Affairs or designee, an administrative search and seizure will be conducted by appropriate Residence Life or administrative staff members (i.e., Asst. Director on-call, Director of Residence Life, Dean of Student Life, or Senior Staff administrator on-call)

accompanied by a University Police officer. The Residence Life staff members present will knock on the door, introduce themselves by name and title, key-in, and enter the room. The police officer will remain outside the room to provide assistance if necessary. The staff members will introduce all personnel to the resident(s), state the purpose for the search, and explain that the officer is present in an administrative capacity to take possession of any illegal drugs found in the room. Staff members will ask the resident(s) to confirm or deny the presence of drugs and, if present, to identify the responsible person. A thorough search of the room will be conducted. Any drugs found will be handed to the officer outside the room. This procedure will be followed whether residents are present or not present in the room. Resident(s) will be informed that an Incident Report will be written, the substances found will be analyzed by the police, and that they must schedule an appointment with the Director of Judicial Affairs and Community Responsibility.

On April 11, 1992, the following resolution was unanimously adopted:

“Resolved by the Rector and Visitors of the University of Mary Washington that the campus of the University of Mary Washington is hereby designated a ‘drug free school zone.’” This action, which applies the provisions of the Code of Virginia Sec. 18.2-255.2 to the University of Mary Washington campus makes it unlawful for any person to manufacture, sell or distribute or possess with intent to sell, give or distribute any controlled substance, imitation controlled substance, or marijuana at any time while upon the property, including buildings and grounds or upon property open to public use within 1,000 feet of University property. Nothing in this resolution shall prohibit the authorized distribution of controlled substances.

Violation of the provisions of this resolution and the Code of Virginia shall constitute a separate and distinct felony. Any person violating the provisions of this section shall, upon conviction, be imprisoned for a term of not less than one year nor more than five years and fined not more than \$100,000. However, if such person proves that he sold such controlled substance or marijuana only as an accommodation to another individual and not with intent to profit from any consideration received, or to induce the recipient or intended recipient to use or become addicted to or dependent upon such controlled substance or marijuana, he shall be guilty of a Class 1 misdemeanor.

Prosecution under the provisions of this section of the Code of Virginia does not preclude the enforcement of other University regulations concerning the possession and/or use of drugs or drug paraphernalia.

### **C. Student Athlete Drug and Alcohol Policies**

1. A Student Athlete cannot possess or consume alcohol or use illegal drugs while representing UMW at home or away Intercollegiate Athletic events. This includes, but is not limited to, travel to and from all athletic events (including private, commercial and institutional vehicles), social activities during team trips, all meals or snacks consumed in or outside restaurants and in team housing accommodations.
2. A Student Athlete, found guilty of violating the Virginia State Alcohol Laws, which prohibit possession or consumption of alcohol by anyone under the age of 21 and also prohibit those 21 or older from purchasing and/or supplying alcohol to underage persons, will be sanctioned.
3. A Student Athlete cannot consume alcohol less than 48 hours prior to any competition.
4. A Student Athlete, hosting prospective student-athletes on or off campus, cannot consume alcohol in the presence of, or provide alcohol to, prospective student-athletes.
5. A Student Athlete, cited for an alcohol or illegal drug related violation, on or off campus, at any time during their traditional or non-tradition sport season, must notify the head coach of their team within 24 hours of the incident. The Student Athlete is expected to keep the coach informed as to the on-going status of this citation and any subsequent actions.
6. A Student Athlete found guilty or responsible for an alcohol or illegal drug related violation, on or off campus, at any time during their traditional or non-traditional sport season, must notify the head coach of their team within 24 hours of the guilty or responsible verdict.

#### **D. Drug and Alcohol Policy – Employees:**

The Commonwealth and the University intend to maintain a workplace free from the adverse effects of alcohol and other drugs. Employees are forbidden to use these substances at the workplace or to come to the workplace while under the influence of these substances. In addition, employees are expected to notify their supervisors if they are convicted of violating any criminal drug law, either within or outside the work place, or if they are convicted of violating any alcohol beverage control law or law that governs driving while intoxicated, based on conduct occurring in the workplace. Violation of policies related to these matters can result in serious disciplinary action, including termination.

Each of the following constitutes a violation of the university's drug and alcohol policies governing its employees:

1. The unlawful or unauthorized manufacture, distribution, dispensation, possession, or use of alcohol or other drugs in the workplace;
2. Impairment in the workplace from the use of alcohol or other drugs, except from the use of drugs for legitimate medical purposes;
3. A criminal conviction for a:
  - a. violation of any criminal drug law, based upon conduct occurring either on or off the workplace; or
  - b. violation of any alcohol beverage control law or law that governs driving while intoxicated, based upon conduct occurring in the workplace;
4. An employee's failure to adhere to this policy, or to report to his or her supervisor the employee's conviction of any or the criminal offenses listed above may result in disciplinary action up to and including termination. Required reporting must be made in writing within five days of any such conviction. The employee's obligation to report is not affected by any appeal of a conviction.

To ensure an environment free from the adverse effects of alcohol and other drugs and to aid management in the determination of alcohol and drug-related behaviors when it is suspected that an employee may possibly be under the influence of drugs or alcohol:

- Management is responsible to observe and document behaviors
- Employees may be asked to leave the workplace for their safety and the safety of others
- Management will work with the Office of Human Resources to determine the appropriate follow-up measures, including possible disciplinary actions and referral to the Employee Assistance Program (EAP)

The Associate Vice President for Human Resources and AAEEEO is responsible for the interpretation, consistent application, and enforcement of this policy. Management is responsible for implementing this policy within their work units.

This policy is on the UMW website. All new employees must provide written confirmation that they have been informed about this policy and all employees are reminded in biannual mandatory policy training. This policy will be reviewed biennially, and supervisors are expected to monitor compliance within their own areas in terms of following guidelines.

## **II. Local, state, and federal laws and sanctions related to illicit drugs and alcohol**

### **State & Local Alcohol Laws**

The Code of Virginia clearly states the applicable laws related to the manufacture, sale, possession and consumption of alcoholic beverages. In general, to lawfully consume alcoholic

beverages in Virginia one must be 21 years of age. The offenses listed below are not all-inclusive, but representative of the more frequent legal issues involving college students.

Offense	Penalty
<b>18.2-266</b> Driving While Intoxicated	Class 1 Misdemeanor: mandatory fines & imprisonment relating to 1 <sup>st</sup> , 2 <sup>nd</sup> or subsequent offense. [.08 is over the limit, presumption.]
<b>18.2-388</b> Intoxication in Public	Class 4 Misdemeanor: fine & jail or detoxification center until sober.
<b>18.2-323.1</b> Open Container while operating a motor vehicle	Class 1 Misdemeanor.
“Open Container”-local	Local ordinance prohibits open containers except where designated by city permit & VA ABC banquet licensure.
<b>4.1-305</b> Underage Purchasing or possessing, False ID	Class 1 Misdemeanor, Min \$500 fine, 6 month suspension of driver’s license plus community service.
<b>4.1-306</b> Purchase for another (i.e. underage or intoxicated person)	Class 1 Misdemeanor. Fine & jail sentence.
<b>4.1-303</b> Purchase from person not authorized to sell alcoholic beverages	Class 1 Misdemeanor. Fine & jail sentence.
<b>4.1-308</b> Public Consumption	Class 4 Misdemeanor. Fine
<b>4.1-300</b> Illegal Manufacture & bottling	Class 1 Misdemeanor

### State Drug Laws

In general, with very few exceptions such as FIRST OFFENDER status for marijuana use /possession (which is a Class 1 Misdemeanor); violations under state law will be a classified FELONY. The class of felony and associated penalties under the Criminal code of Virginia will depend upon the federal schedule of the drug (I, II, III, IV, V), quantity, related activity (sales & distribution) as well as number of prior convictions. Drug offenses are stipulated in 18.2-247 thru 18.2- 264 of the Criminal Code of Virginia.

The Criminal Code of Virginia covers imitation controlled substances as well as counterfeit substances. On a more cursory note, possession of drug paraphernalia (18.2-265) - glass bong, clips, pipes, etc. - is a Class 1 Misdemeanor.

### Federal Drug Laws

The possession, use, or distribution of illicit drugs is prohibited by federal law. Strict penalties are enforced for drug convictions, including mandatory prison terms for many offenses. The following information, although not complete, is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

### **Denial of Federal Aid (20 USC 1091)**

The Higher Education Opportunity Act (HEOA) enacted in 2008 reauthorizes the Higher Education Act (HEA) of 1965, as amended. These laws state that any student who has been convicted of any Federal or State law involving the possession or sale of a controlled substance shall not be eligible to receive any grant, loan, or work assistance during the period beginning on the date of such conviction and ending after the interval specified below.

If convicted of an offense involving the possession of a controlled substance, the ineligibility period is as follows:

First offense	1 year
Second offense	2 years
Third offense	3 years

If convicted of an offense involving the sale of a controlled substance, the ineligibility period is as follows:

First offense	2 years
Second offense	indefinite

A student whose eligibility has been suspended may resume eligibility before the end of the stated ineligibility period if either (a) the student satisfactorily completes a drug rehabilitation program and passes two unannounced drug tests, or (b) the conviction is reversed, set aside, or otherwise rendered nugatory.

Effective July 1, 2010, a student whose ineligibility has been suspended due to a drug conviction may resume eligibility if the student successfully passes two unannounced drug tests conducted by a drug rehabilitation program.

### **Forfeiture of Personal Property and Real Estate (21 USC 853)**

Any person convicted of a federal drug offense punishable by more than one year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued and property is seized at the time an individual is arrested on charges that may result in forfeiture.

### **Federal Drug Trafficking Penalties (21 USC 841)**

Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The following list is a sample of the range and severity of federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe.

If death or serious bodily injury result from the use of a controlled substance which has been illegally distributed, the person convicted on federal charges of distributing the substance faces mandatory life sentence and fines ranging up to \$8 million.

Persons convicted on federal charges of drug trafficking within 1,000 feet of a University (21 USC 845a) face penalties of prison terms and fines which are twice as high as the regular penalties for the offense, with a mandatory prison sentence of at least 1 year.

<b>Drug/Substance</b>	<b>Amount</b>	<b>Penalty - 1st Conviction</b>
Barbiturates	Any amount	Up to 5 years prison. Fine up to \$250,000
Cocaine	5 kg or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	Less than 100 grams	10-63 months prison. Fine up to \$1 million
Crack Cocaine	50 grams or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	5-49 grams	Not less than 5 years prison, not more than 40 years. Fine up to \$2 million
	5 grams or less	10-63 months prison. Fine up to \$1 million
Ecstasy	Any amount	Up to 20 years imprisonment. Fine up to \$1 million. 3 years of supervised release (following prison)
GHB	Any amount	Up to 20 years imprisonment. Fine up to \$1 million. 3 years of supervised release (following prison)
Hashish	10-100 kg	Up to 20 years imprisonment. Fine up to \$1 million.

	10 kg or less	Up to 5 years imprisonment. Fine up to \$250,000
Hash Oil	1-100 kg	Up to 20 years imprisonment. Fine up to \$1 million.
	1 kg or less	Up to 5 years imprisonment. Fine up to \$250,000
Heroin	1 kg or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	100-999 grams	Not less than 5 years prison, not more than 40 years. Fine up to \$2 million
	100 grams or less	10-63 months prison. Fine up to \$1 million
Ketamine	Any amount	Up to 5 years imprisonment. Fine up to \$250,000. 2 years supervised release
LSD	10 grams or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	1-10 grams	Not less than 5 years prison, not more than 40 years. Fine up to \$2 million
Marijuana	1000 kg or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	100-999 kg	Not less than 5 years prison, not more than 40 years. Fine up to \$2 million
	50-99 kg	Up to 20 years imprisonment. Fine up to \$1 million
	50 kg or less	Up to 5 years imprisonment. Fine up to \$250,000
Methamphetamine	50 grams or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	10-49 grams	Not less than 5 years prison, not more than 40 years. Fine

		up to \$2 million
	10 grams or less	10-21 months prison. Fine up to \$1 million
PCP	100 grams or more	Not less than 10 years prison, not more than life. Fine up to \$4 million
	10-99 grams	Not less than 5 years prison, not more than 40 years. Fine up to \$2 million
	10 grams or less	10-21 months prison. Fine up to \$1 million
Rohypnol	1 gram or more	Up to 20 years imprisonment. Fine up to \$1 million
	less than 30 mgs	Up to 5 years imprisonment. Fine up to \$250,000

### **Federal Drug Possession Penalties (21 USC 844)**

Persons convicted on Federal charges of possessing any controlled substance face penalties of up to 1 year in prison and a mandatory fine of no less than \$1,000 up to a maximum of \$100,000. Second convictions are punishable by not less than 15 days but not more than 2 years in prison and a minimum fine of \$2,500. Subsequent convictions are punishable by not less than 90 days but not more than 3 years in prison and a minimum fine of \$5,000. Possession of drug paraphernalia is punishable by a minimum fine of \$750.

Special sentencing provisions for possession of crack cocaine impose a mandatory prison term of not less than 5 years but not more than 20 years and a fine up to \$250,000, or both if:

- A. It is a first conviction and the amount of crack possessed exceeds 5 grams;
- B. It is a second conviction and the amount of crack possessed exceeds 3 grams;
- C. It is a third or subsequent crack conviction and the amount exceeds 1 gram.

Civil penalties of up to \$10,000 may also be imposed for possession of small amounts of controlled substances, whether or not criminal prosecution is pursued.

### III. Health risks associated with the use of illicit drugs and alcohol

Substance	Nicknames/Slang Terms	Short Term Effects	Long Term Effects
Alcohol		<ul style="list-style-type: none"> <li>• slurred speech</li> <li>• drowsiness</li> <li>• headaches</li> <li>• impaired judgment</li> <li>• decreased perception and coordination</li> <li>• distorted vision and hearing</li> <li>• vomiting</li> <li>• breathing difficulties</li> <li>• unconsciousness</li> <li>• coma</li> <li>• blackouts</li> </ul>	<ul style="list-style-type: none"> <li>• toxic psychosis</li> <li>• physical dependence</li> <li>• neurological and liver damage</li> <li>• fetal alcohol syndrome</li> <li>• vitamin B1 deficiency</li> <li>• sexual problems</li> <li>• cancer</li> </ul>
Amphetamines	<ul style="list-style-type: none"> <li>• uppers</li> <li>• speed</li> <li>• meth</li> <li>• crack</li> <li>• crystal</li> <li>• ice</li> <li>• pep pills</li> </ul>	<ul style="list-style-type: none"> <li>• increased heart rate</li> <li>• increased blood pressure</li> <li>• dry mouth</li> <li>• loss of appetite</li> <li>• restlessness</li> <li>• irritability</li> <li>• anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• delusions</li> <li>• hallucinations</li> <li>• heart problems</li> <li>• hypertension</li> <li>• irritability</li> <li>• insomnia</li> <li>• toxic psychosis</li> <li>• physical dependence</li> </ul>
Barbiturates and Tranquilizers	<ul style="list-style-type: none"> <li>• barbs</li> <li>• bluebirds</li> <li>• blues</li> <li>• yellow jackets</li> <li>• red devils</li> <li>• roofies</li> </ul>	<ul style="list-style-type: none"> <li>• slurred speech</li> <li>• muscle relaxation</li> <li>• dizziness</li> <li>• decreased motor control</li> </ul>	<ul style="list-style-type: none"> <li>• severe withdrawal symptoms</li> <li>• possible convulsions</li> <li>• toxic psychosis</li> <li>• depression</li> </ul>

	<ul style="list-style-type: none"> <li>• rohypnol</li> <li>• ruffies</li> <li>• tranqs</li> <li>• mickey</li> <li>• flying v's</li> </ul>		<ul style="list-style-type: none"> <li>• physical dependence</li> </ul>
Cocaine	<ul style="list-style-type: none"> <li>• coke</li> <li>• crack</li> <li>• snow</li> <li>• powder</li> <li>• blow</li> <li>• rock</li> </ul>	<ul style="list-style-type: none"> <li>• loss of appetite</li> <li>• increased blood pressure and heart rate</li> <li>• constricted blood vessels</li> <li>• nausea</li> <li>• hyper-stimulation</li> <li>• anxiety</li> <li>• paranoia</li> <li>• increased hostility</li> <li>• increased rate of breathing</li> <li>• muscle spasms and convulsions</li> <li>• dilated pupils</li> <li>• disturbed sleep</li> </ul>	<ul style="list-style-type: none"> <li>• depression</li> <li>• weight loss</li> <li>• high blood pressure seizure</li> <li>• heart attack</li> <li>• stroke</li> <li>• hypertension</li> <li>• hallucinations</li> <li>• psychosis</li> <li>• chronic cough</li> <li>• nasal passage injury</li> <li>• kidney, liver and lung damage</li> </ul>
Gamma Hydroxy Butyrate	<ul style="list-style-type: none"> <li>• GHB</li> <li>• liquid B</li> <li>• liquid X</li> <li>• liquid ecstasy</li> <li>• G</li> <li>• georgia homeboy</li> <li>• grievous bodily harm</li> </ul>	<ul style="list-style-type: none"> <li>• euphoria</li> <li>• decreased inhibitions</li> <li>• drowsiness</li> <li>• abnormal sleep</li> <li>• decreased body temperature</li> <li>• decreased heart rate</li> <li>• decreased blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• memory loss</li> <li>• depression</li> <li>• severe withdrawal symptoms</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>
Heroin	<ul style="list-style-type: none"> <li>• H</li> <li>• junk</li> </ul>	<ul style="list-style-type: none"> <li>• euphoria</li> <li>• flushing of the</li> </ul>	<ul style="list-style-type: none"> <li>• constipation</li> <li>• loss of appetite</li> </ul>

	<ul style="list-style-type: none"> <li>• smack</li> <li>• horse</li> <li>• skag</li> </ul>	<p>skin dry mouth</p> <ul style="list-style-type: none"> <li>• “heavy” arms and legs</li> <li>• slowed breathing</li> <li>• muscular weakness</li> </ul>	<ul style="list-style-type: none"> <li>• lethargy</li> <li>• weakening of the immune system</li> <li>• respiratory illnesses</li> <li>• muscular weakness paralysis</li> <li>• coma</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>
Ketamine	<ul style="list-style-type: none"> <li>• K</li> <li>• super K</li> <li>• special K</li> </ul>	<ul style="list-style-type: none"> <li>• dream-like states</li> <li>• hallucinations</li> <li>• impaired attention and memory</li> <li>• delirium</li> <li>• impaired motor function</li> <li>• high blood pressure</li> <li>• depression</li> </ul>	<ul style="list-style-type: none"> <li>• urinary tract and bladder problems</li> <li>• abdominal pain</li> <li>• major convulsions</li> <li>• muscle rigidity</li> <li>• confusion</li> <li>• depression</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>
LSD	<ul style="list-style-type: none"> <li>• acid</li> <li>• stamps</li> <li>• dots</li> <li>• blotter</li> <li>• A-bombs</li> </ul>	<ul style="list-style-type: none"> <li>• dilated pupils</li> <li>• change in body temperature</li> <li>• blood pressure and heart rate</li> <li>• sweating</li> <li>• chills</li> <li>• loss of appetite</li> <li>• decreased sleep</li> <li>• tremors</li> <li>• changes in</li> </ul>	<ul style="list-style-type: none"> <li>• Intensification of existing psychosis</li> <li>• panic reactions</li> <li>• interference with psychological adjustment and social functioning</li> <li>• insomnia</li> <li>• physical dependence</li> <li>• psychological</li> </ul>

		visual acuity <ul style="list-style-type: none"> <li>• mood changes</li> </ul>	dependence
MDMA	<ul style="list-style-type: none"> <li>• Ecstasy</li> <li>• XTC</li> <li>• Adam</li> <li>• X</li> <li>• Rolls</li> <li>• pills</li> </ul>	<ul style="list-style-type: none"> <li>• impaired judgment</li> <li>• confusion</li> <li>• blurred vision</li> <li>• teeth clenching</li> <li>• depression</li> <li>• anxiety</li> <li>• paranoia</li> <li>• sleep problems</li> <li>• muscle tension</li> </ul>	<ul style="list-style-type: none"> <li>• same as LSD</li> <li>• sleeplessness</li> <li>• nausea</li> <li>• confusion</li> <li>• increased blood pressure</li> <li>• sweating</li> <li>• depression</li> <li>• anxiety</li> <li>• memory loss</li> <li>• kidney failure</li> <li>• cardiovascular problems</li> <li>• convulsions</li> <li>• death</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>
Marijuana/Cannabis	<ul style="list-style-type: none"> <li>• pot</li> <li>• grass</li> <li>• dope</li> <li>• weed</li> <li>• joint</li> <li>• bud</li> <li>• reefer</li> <li>• doobie</li> <li>• roach</li> </ul>	<ul style="list-style-type: none"> <li>• sensory distortion</li> <li>• poor coordination of movement</li> <li>• slowed reaction time</li> <li>• panic</li> <li>• anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• bronchitis</li> <li>• conjunctivitis</li> <li>• lethargy</li> <li>• shortened attention span</li> <li>• suppressed immune system</li> <li>• personality changes</li> <li>• cancer</li> <li>• psychological dependence</li> <li>• physical dependence</li> </ul>
Mescaline	peyote cactus	<ul style="list-style-type: none"> <li>• nausea</li> <li>• vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• lasting physical and mental</li> </ul>

		<ul style="list-style-type: none"> <li>• anxiety</li> <li>• delirium</li> <li>• hallucinations</li> <li>• increased heart rate, blood pressure, and body temperature</li> </ul>	<p>trauma</p> <ul style="list-style-type: none"> <li>• existing psychosis intensified</li> <li>• psychological dependence</li> </ul>
Morphine/Opiates	<ul style="list-style-type: none"> <li>• M</li> <li>• Morf</li> <li>• Duramorph</li> <li>• Miss Emma,</li> <li>• monkey</li> <li>• Roxanol</li> <li>• white stuff</li> </ul>	<ul style="list-style-type: none"> <li>• euphoria</li> <li>• increased body temperature</li> <li>• dry mouth</li> <li>• “heavy” feeling in arms and legs</li> </ul>	<ul style="list-style-type: none"> <li>• constipation</li> <li>• loss of appetite</li> <li>• collapsed veins</li> <li>• heart infections</li> <li>• liver disease</li> <li>• depressed respiration</li> <li>• pneumonia and other pulmonary complications</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>
PCP	<ul style="list-style-type: none"> <li>• crystal, tea</li> <li>• angel dust</li> <li>• embalming fluid</li> <li>• killer weed</li> <li>• rocket fuel</li> <li>• supergrass</li> <li>• wack</li> <li>• ozone</li> </ul>	<ul style="list-style-type: none"> <li>• shallow breathing</li> <li>• flushing</li> <li>• profuse sweating</li> <li>• numbness in arms and legs</li> <li>• decreased muscular coordination</li> <li>• nausea</li> <li>• vomiting</li> <li>• blurred vision</li> <li>• delusions</li> <li>• paranoia</li> <li>• disordered thinking</li> </ul>	<ul style="list-style-type: none"> <li>• memory loss</li> <li>• difficulties with speech and thinking</li> <li>• depression</li> <li>• weight loss</li> <li>• psychotic behavior violent acts</li> <li>• psychosis</li> <li>• physical dependence</li> <li>• psychological dependence</li> </ul>

Psilocybin	<ul style="list-style-type: none"> <li>• mushrooms</li> <li>• magic mushrooms</li> <li>• shrooms</li> <li>• caps</li> <li>• psilocybin</li> <li>• psilocyn</li> </ul>	<ul style="list-style-type: none"> <li>• nausea</li> <li>• distorted perceptions</li> <li>• nervousness</li> <li>• paranoia</li> </ul>	<ul style="list-style-type: none"> <li>• confusion</li> <li>• memory loss</li> <li>• shortened attention span</li> <li>• flashbacks may intensify existing psychosis</li> </ul>
Steroids	<ul style="list-style-type: none"> <li>• roids</li> <li>• juice</li> </ul>	<ul style="list-style-type: none"> <li>• increased lean muscle mass</li> <li>• increased strength</li> <li>• acne</li> <li>• oily skin</li> <li>• excess hair growth</li> <li>• high blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• cholesterol imbalance</li> <li>• anger management problems</li> <li>• masculinization in women</li> <li>• breast enlargement in men</li> <li>• premature fusion of long bones preventing attainment of normal height</li> <li>• atrophy of reproductive organs</li> <li>• impotence</li> <li>• reduced fertility</li> <li>• stroke</li> <li>• hypertension</li> <li>• congestive heart failure</li> <li>• liver damage</li> <li>• psychological dependence</li> </ul>

Additional information concerning health risks associated with the use of alcohol is available from UMW's Health Center (Lee Hall), Counseling and Psychological Services (Lee Hall), and

from the Office of Judicial Affairs and Community Responsibility (Marye House). Additionally, comprehensive online information is available from the Center for Disease Control and Prevention (CDC) at the following URL: <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>.

Additional information concerning health risks associated with the use of illicit drugs also is available from the offices listed above. Additionally, comprehensive online information is available from the National Institute on Drug Abuse (NIDA) at the following URL: <http://www.drugabuse.gov/related-topics/medical-consequences-drug-abuse>

#### **IV. Drug or alcohol counseling/treatment programs available**

**Students:** Counseling and Psychological Services (CAPS) offers free counseling to enrolled undergraduate students. Both individual and group counseling services are available. If a student presents with a drug or alcohol issue, CAPS staff will evaluate the student's use of substances and determine the appropriate level of care that is needed to treat the issue. CAPS will refer to off-campus providers that specialize in drug and/or alcohol use issues if it is determined that a student is in need of specialized treatments, such as detoxification, psychiatric care, or a specialized substance abuse treatment facility. CAPS can provide brief counseling to students who may be abusing substances, but the clinician reserves the right to refer to the student to another provider off campus if he or she determines that the level of care is higher than what CAPS is able to offer the student.

**Faculty and staff:** All health plans offered to UMW employees and their dependents have employee assistance programs (EAPs). Included are up to four sessions at no charge for alcohol or drug abuse assessment. Employees have access to a specialist who will assess the issue and coordinate assistance. Should substance abuse care be needed, employees will be referred to a provider, under the mental health and substance abuse benefit.

#### **V. Sanctions for violations of UMW's policies prohibiting the unlawful possession, use, or distribution of illicit drugs and alcohol**

The University of Mary Washington does not tolerate the unlawful possession, use, or distribution of illicit drugs or alcohol, nor does it tolerate violations of the Code of Conduct related to these substances. Students and employees who are found in violation of UMW's policies

A. For students, commonly imposed disciplinary sanctions for Code of Conduct violations are as follows:

<b>Policy Violation</b>	<b>Common Sanctions - 1st Violation</b>	<b>Common Sanctions – 2nd Violation</b>
Underage Possession of Alcohol; Hosting a Gathering Involving Underage Drinking or Intoxication; Open Alcohol Container in a Public Area; Possession of Kegs	AlcoholEdu: online alcohol education course (includes \$30 user's fee)	Parental Notification if under 21. Also, motivational interview, community restitution, educational paper, reflection paper, or disciplinary probation
Alcohol Intoxication	Parental Notification if under 21. Also, AlcoholEdu, motivational interview, community restitution, educational paper, reflection paper, or disciplinary probation	Parental Notification if under 21. Also, AlcoholEdu, motivational interview, community restitution, educational paper, reflection paper, disciplinary probation, relocation or removal from residence halls, suspension, or permanent expulsion
Supplying Alcohol to an Underage Individual	AlcoholEdu, motivational interview, community restitution, educational paper, reflection paper, or disciplinary probation	Parental Notification if under 21. Also, AlcoholEdu, motivational interview, community restitution, educational paper, reflection paper, disciplinary probation, relocation or removal from residence halls, suspension, or permanent expulsion
Single Incident of Possession of Marijuana For Personal Use	Suspension for at least the remainder of semester, online marijuana education, relocation within or removal from the residence halls	Suspension for at least the remainder of the semester, or permanent expulsion
Possession of More Than One Ounce of Marijuana	Suspension for remainder of semester, at a minimum, or permanent expulsion	Permanent expulsion
Possession of Any Amount of "Hard" Drugs (Cocaine,	Permanent expulsion	Permanent expulsion

PCP, etc.)		
Conveying Marijuana or A Controlled Substance To Another Person	Suspension for remainder of semester, at a minimum, or permanent expulsion	Permanent expulsion
Possession of Drug Paraphernalia	Community restitution or suspension	Suspension for remainder of semester, at a minimum, or permanent expulsion

B. For Student Athletes, commonly imposed disciplinary sanctions for Code of Conduct violations are as follows:

Any violation of the Department of Athletics alcohol policy will result in the student-athlete having an in-person meeting with the Director of Athletics. This meeting will occur within five business days of notification of the violation to the Director of Athletics via the “alcohol/Drug Violation Reporting Form”. The Director of Athletics, in consultation with the head coach, will determine the appropriate sanction. Sanctions range from reprimand to dismissal and will be communicated to the student-athlete and head coach within three business days of the meeting with the Director of Athletics. Athletic department sanctions are separate from any sanctions issued by the Office of Judicial Affairs.

A Student Athlete found guilty of violating the Virginia State Laws on illegal drugs, will be expelled from the Intercollegiate Athletic Program.

C. For employees, commonly imposed disciplinary sanctions for alcohol and drug policy violations are as follows:

Any UMW employee who commits any violation, as described above, shall be subject to the full range of disciplinary actions, including discharge, pursuant to applicable university and state disciplinary policies up to and including termination. The severity of disciplinary action for violations of this policy shall be determined on a case-by-case basis. Circumstances that may be considered in determining the appropriate discipline include the job responsibilities of the employee, impact on performance, past history and whether the employee voluntarily admits to, and seeks assistance for, an alcohol or other drug problem.

## VI. On-Campus Resources and Information

Counseling and Psychological Services (CAPS)	540/654-1053, <a href="http://students.umw.edu/caps/">http://students.umw.edu/caps/</a>
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Student Health Center	540/654-1040, <a href="http://students.umw.edu/healthcenter/">http://students.umw.edu/healthcenter/</a>
Office of Judicial Affairs and Community Responsibility	540/654-1660, <a href="http://students.umw.edu/judicialaffairs/">http://students.umw.edu/judicialaffairs/</a>
University Police	540/654-1025, <a href="http://www.umw.edu/police/">http://www.umw.edu/police/</a>
Office of Student Life	540/654-1200, <a href="http://students.umw.edu/student-life/">http://students.umw.edu/student-life/</a>
Commonwealth of Virginia Employee Assistance Program (EAP)	<p>General information:</p> <ul style="list-style-type: none"> <li>• UMW Office of Human Resources: 540/654-1214</li> <li>• EAP: <a href="http://www.dhrm.state.va.us/genlbenefits/employeeassistance.html">http://www.dhrm.state.va.us/genlbenefits/employeeassistance.html</a></li> </ul> <p>Specific programs:</p> <ul style="list-style-type: none"> <li>• COVA Care: ValueOptions, Inc. Behavioral Health and Employee Assistance Program Member Services: 1-866-725-0602 <a href="http://www.achievesolutions.net/covacare">http://www.achievesolutions.net/covacare</a></li> <li>• COVA Connect: Optima Health Employee Assistance Member Services: 1-800-899-8174 <a href="http://www.optimahealth.com/COVA">http://www.optimahealth.com/COVA</a></li> <li>• COVA HDHP: Anthem Blue Cross and Blue Shield Member Services: 1-800-346-5484 <a href="http://www.anthem.com">http://www.anthem.com</a></li> <li>• Kaiser Foundation Health Plans of the Mid-Atlantic State: Employee Assistance Program (866) 517-7042 (toll free) <a href="http://my.kaiserpermanente.org/mida/commonwealthofvirginia/">http://my.kaiserpermanente.org/mida/commonwealthofvirginia/</a></li> </ul>

## VII. On-Campus Resources and Information

Alcoholics Anonymous Fredericksburg	540/373-2028 <a href="http://www.aavirginia.org/hp/">http://www.aavirginia.org/hp/</a>
Rappahannock Area Community Services Board	540/373-6876 <a href="http://www.racsb.state.va.us/">http://www.racsb.state.va.us/</a>
Fredericksburg Police Department – Emergency	911
Fredericksburg Police Department – Non-Emergency	540/373-3122 <a href="http://www.fredericksburgva.gov/Departments/police/index.aspx">http://www.fredericksburgva.gov/Departments/police/index.aspx</a>

Spotsylvania County Sheriff's Office – Emergency	911
Spotsylvania County Sheriff's Office – Non-Emergency	540/582-7115 <a href="http://www.spotsylvaniasheriff.org/">http://www.spotsylvaniasheriff.org/</a>
Stafford County Sheriff's Office – Emergency	911
Stafford County Sheriff's Office – Non-Emergency	540/658-4450 <a href="http://www.staffordsheriff.com/">http://www.staffordsheriff.com/</a>
Commonwealth Attorney's Office - Fredericksburg	540/372-1040 <a href="http://www.fredericksburgva.gov/Departments/CommonwealthAttorney/index.aspx?id=76">http://www.fredericksburgva.gov/Departments/CommonwealthAttorney/index.aspx?id=76</a>
Commonwealth Attorney's Office – Spotsylvania County	540/507-7650 <a href="http://www.spotsylvania.va.us/content/2614/147/2740/167/default.aspx">http://www.spotsylvania.va.us/content/2614/147/2740/167/default.aspx</a>
Commonwealth Attorney's Office – Stafford County	540/658-8780 <a href="http://co.stafford.va.us/index.aspx?nid=873">http://co.stafford.va.us/index.aspx?nid=873</a>
Snowden at Fredericksburg	540/741-3900 <a href="http://www.marywashingtonhealthcare.com/mwhc-neuroscience-center/behavioral-health">http://www.marywashingtonhealthcare.com/mwhc-neuroscience-center/behavioral-health</a>

## **APPENDIX: Review of actions taken and sanctions issued to reduce the negative impact of alcohol and other drugs on the UMW community**

### **A. 2011-2012 Academic year:**

Actions Taken in 2011-2012 and Their Results. Students were educated about drug and alcohol policies, and also about the risks associated with the use of these substances, through educational programs, posters, and table flyers. The “That’s Still How We Are” advertising campaign used data collected in spring 2011 to inform students that most of their peers were engaging in healthy behaviors and making wise choices concerning alcohol, tobacco, and other drugs. During orientation, an educational speaker addressed students about risks associated with alcohol and other drugs.

The Office of Judicial Affairs and Community Responsibility (OJACR) adjudicated alleged serious alcohol violations. It advised the Judicial Review Board (JRB) and Residence Life professionals in the adjudication of minor alcohol violations. It trained Residence Life student staff in general alcohol knowledge. The Drug Policy was revised in August 2011, and the Director of OJACR adjudicated drug violations. Students found responsible for violations of alcohol policies were assigned educational sanctions: the “AlcoholEdu” online alcohol education course (assigned 91 times), a reflection paper concerning their alcohol use (28 times), an alcohol use assessment and motivational interview (5 times), and community restitution (18 times).

An interdepartmental Wellness Committee discussed strategies for limiting drug and alcohol misuse, and relationship violence. The Committee met several times throughout the year and developed strategies for reaching out to students, parents, and the UMW community as a whole. A letter to parents concerning these issues was developed and mailed to them prior to orientation each semester.

A team from UMW participated in the APPLE Conference in January 2012. This conference is the leading national training symposium dedicated to substance abuse prevention and health promotion for student athletes and university administrators.

2011-2012 Findings and Their Analysis. For the second year in a row, there was an increase in alcohol-related violations; there was a 77% increase from 2009-10. However, there was a decrease in intoxication violations – down 21% from last year, but still up 63% from two years ago. This year, 14% of all students found responsible for violations of the alcohol policy were “repeat offenders” – i.e. they had been found responsible for violating the policy on at least one previous occasion. This is down from 19% in 2010-2011. Of the 50 sophomores who violated the alcohol policy this year, 10 (20%) were found responsible more than once. Again, this is an increase from 2009-10, in which 28 sophomores were found responsible, and only 3 (11%) were found responsible more than once. Men continue to account for a disproportional number of alcohol-related violations. Although about only one-third of the students at the University are

men, they account for 70% of all alcohol-related violations. Most alcohol violations take place in residence halls. Students completing the AlcoholEdu intervention were surveyed, and the intervention was shown to improve their alcohol-related knowledge.

For repeated or serious violations of the University's alcohol policies, 38 parental notifications were completed this year, a decrease from 51 last year.

Eleven students were charged and found responsible for on-campus drug violations. Additionally, two students were charged and found responsible for drug violations off campus – in all cases, because they had had a prior arrest with the Fredericksburg Police Department, or a prior violation on campus.

Actions Planned for 2012-2013. OJACR will continue to adjudicate and sanction violations of alcohol and drug policies. Programming will continue to educate all students about the wide-ranging benefits of using alcohol safely - or abstaining from it - and about the possible consequences of failing to do so. Bystander intervention approaches will be piloted. Using NCHA-II data from last year's assessment, the "That's Still How We Are" social norms marketing campaign will be repeated, with other educational initiatives, and a new NCHA-II assessment will be completed in the spring. Parental outreach strategies will continue to be carried out. Orientation activities for staff and students will be reviewed and revised, in order to help them to better understand and respond to substance misuse. An alcohol focus group for students will be conducted.

## **B. 2012-2013 Academic year**

Actions Taken in 2012-2013 and Their Results. Students were educated about drug and alcohol policies, and also about the risks associated with the use of these substances, through educational programs, posters, and table flyers. The "That's How We Are" advertising campaign used data collected in spring 2011 to inform students that most of their peers were engaging in healthy behaviors and making wise choices concerning alcohol, tobacco, and other drugs. During orientation, an educational speaker addressed students about risks associated with alcohol and other drugs.

The Office of Judicial Affairs and Community Responsibility (OJACR) adjudicated alleged serious alcohol violations. It advised the Judicial Review Board (JRB) and Residence Life professionals in the adjudication of less serious alcohol violations. The Director of OJACR adjudicated drug violations; 25 students were found in violation. Students found responsible for violations of alcohol policies (a total of 111) were assigned educational sanctions: the "AlcoholEdu" online alcohol education course (assigned 77 times), a reflection paper concerning their alcohol use (10 times), an alcohol use assessment and motivational interview (12 times), and community restitution (20 times).

An interdepartmental Wellness Committee discussed strategies for limiting drug and alcohol misuse, and relationship violence. The Committee met several times throughout the year and developed strategies for reaching out to students, parents, and the UMW community as a whole. A letter to parents concerning these issues was developed and mailed to them prior to orientation each semester.

A team from UMW participated in the APPLE Conference in January 2013. This conference is the leading national training symposium dedicated to substance abuse prevention and health promotion for student athletes and university administrators.

The American College Health Association's (ACHA) National College Health Assessment (NCHA-II) was administered in April 2013. All full-time undergraduate students were invited to participate; 599 completed the assessment.

2012-2013 Findings and Their Analysis. Compared to 2011-12, there was a 22% decrease in alcohol-related violations. However, the number of intoxication violations remained unchanged, and thus accounted for a higher proportion of alcohol offenses. This year, 12% of all violations of the alcohol policy were repeat violations – i.e. the students had been found responsible for violating the policy on at least one previous occasion. This is down slightly from 14% in 2011-2012. Of the 50 first-year students who violated the alcohol policy this year, 6 (12%) were found responsible more than once. Proportionally, this is an increase from 2011-12, in which 68 first-year students were found responsible, and 5 (8%) were found responsible more than once. Men continue to account for a disproportional number of alcohol-related violations. Although about only one-third of the students at the University are men, they account for 68% of all alcohol-related violations. Most alcohol violations take place in residence halls. Students completing the AlcoholEdu intervention were surveyed, and the intervention was shown to improve their alcohol-related knowledge.

For repeated or serious violations of the University's alcohol policies, 46 parental notifications were completed this year, an increase from 39 last year.

Twenty-two students were charged and found responsible for on-campus drug violations. Additionally, three students were charged and found responsible for drug violations off campus – in all cases, because they had had a prior arrest with the Fredericksburg Police Department, or a prior violation on campus.

With respect to attitudes and behaviors concerning drugs and alcohol, there have been few or no significant changes in most ACHA-NCHA II data from 2011 to 2013. In fact, in several areas, our data remain comparable to or better than the 2011 national reference group. The comparison

data included here suggest that UMW students actually may be a little healthier than their peers, in terms of negative outcomes related to alcohol use, the use of protective behaviors, and marijuana use.

Actions Planned for 2013-2014. OJACR will continue to adjudicate and sanction violations of alcohol and drug policies. Programming will continue to educate all students about the wide-ranging benefits of using alcohol safely - or abstaining from it - and about the possible consequences of failing to do so. Bystander intervention approaches will be piloted. Using NCHA-II data from last year's assessment, the "That's How We Are" social norms marketing campaign will be repeated, with other educational initiatives. Parental outreach strategies will continue to be carried out. Orientation activities for staff and students will be reviewed and revised, in order to help them to better understand and respond to substance misuse. An alcohol focus group for students will be conducted.