

University of Mary Washington

Biennial Report Concerning Alcohol and Drugs – February 2020

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 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, 2017 and July 31, 2019.

A. 2017-2018 Academic year:

Actions Taken in 2017-2018 and Their Results:

- 215 students were charged with Code of Conduct violations.
- 131 students were found in violation.
- Students were found in violation of UMW's alcohol policies:
 - 32 were found in violation of UMW's policy prohibiting alcohol intoxication.
 - 59 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 19 were found in violation of UMW's drug policies.
- 69 students were sanctioned to complete an online alcohol education class ("Under the Influence").
- 20 students were sanctioned to complete an online marijuana education class ("Marijuana 101").
- 27 students were sanctioned to complete motivational interviews about their alcohol use.
- 19 students were sanctioned to complete motivational interviews about their marijuana use. This was the first year in which this sanction was used.

"Under the Influence," an online alcohol education course designed specifically for students who violate an institution's alcohol policies, was used as a sanction for a third year. A total of 72 students completed the course, and of those, 38 students completed the optional follow-up 30 days later. There was a 63 % increase in average scores between the pre- and post-tests. This suggests that the course is educating students about alcohol and associated health issues. Most students "agreed" or "strongly agreed" that the course was appropriate and easy to understand, and that it will help them to avoid future problems with alcohol.

Taking the course was associated with the several positive outcomes, including the following:

- 1) an increase in students who described themselves as non-drinkers, and who said that they drank zero weeks in a typical month;

- 2) an increase in the number of students who did not binge drink at all in the previous month;
- 3) an increase in the number of students who always used one or more protective behaviors when they drank within the last 30 days;
- 4) a decrease in the number of students who experienced any negative consequences when they drank within the last 30 days;
- 5) an increased perception that alcohol adversely affects academic success;
- 6) an increased perception that alcohol adversely affects other students' quality of life;
- 7) an increased perception that people risk harming themselves (physically or in other ways) if they binge drink even occasionally;
- 8) an increased willingness to limit the amount of money spent on alcohol;
- 9) decreases in many of the expected benefits of drinking (for example, forgetting problems; feeling more confident and courageous; feeling more energetic);
- 10) increased awareness of several preferable alternatives to alcohol use (including volunteering and tutoring others).

“Marijuana 101,” an online marijuana education course, was assigned to students found in violation of the Drug Policy. This is the fifth year that we used this course. A total of 22 students completed the course, and of those, 15 completed the optional follow-up 30 days later. There was a 40% increase in average scores between the pre- and post-tests. This suggests that the course is educating students about marijuana and associated health issues. Most students “agreed” or “strongly agreed” that the course was appropriate and easy to understand, and that it will help them to avoid future problems with marijuana.

Completing Marijuana 101 was associated with the several positive outcomes, including the following:

- 1) a shift from monthly users to non-users/infrequent users being the most prevalent group;
- 2) a reduction in the average number of weeks each month in which the respondents smoked marijuana at least once;
- 3) an increase in the number of students who spent no money on marijuana or alcohol during a typical week;
- 4) a decrease in the average number of days in which respondents drove a vehicle within five hours of marijuana use;
- 5) a decrease in some negative outcomes associated with marijuana use, including disappointing or hurting someone, and getting in trouble (with the police or authorities);
- 6) an decrease, within the past 30 days, in doing something they later regretted;
- 7) decreased expectancy that marijuana would make them feel "very much" more relaxed or calm;
- 8) an increase in students' belief that it is important to them to change some aspect of their personal use of marijuana;
- 9) less agreement with statements that marijuana was helpful in reducing feelings of nervousness or fear, and with statements that marijuana helped with relaxation, sleep, and stress reduction; and
- 10) decreased perceptions that marijuana use is a norm among college students in the United States.

Actions Planned for 2018-2019:

Under the Influence and Marijuana 101 will continue to be used as educational sanctions for students who violate UMW's alcohol and drug policies. The motivational interview process will be streamlined to improve student compliance, and the satisfaction of professionals administering the interview. Students' knowledge of the Code of Conduct (including alcohol and drug policies) and of the conduct process overall will be facilitated by instituting an online course that new students will be expected to complete by the first day of classes in August. The American College Health Association's National College Health Assessment-II (NCHA-II) will be administered in order to collect recent data on student behaviors, experiences, and attitudes related to alcohol and drugs.

B. 2018-2019 Academic year:

Actions Taken in 2018-2019 and Their Results:

- 250 students were charged with Code of Conduct violations.
- 105 students were found in violation.
- Students were found in violation of UMW's alcohol policies:
 - 25 were found in violation of UMW's policy prohibiting alcohol intoxication.
 - 27 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 22 were found in violation of UMW's drug policies.
- 43 students were sanctioned to complete an online alcohol education class ("Under the Influence").
- 17 students were sanctioned to complete an online marijuana education class ("Marijuana 101").
- 19 students were sanctioned to complete motivational interviews about their alcohol use.
- 10 students were sanctioned to complete motivational interviews about their marijuana use.
- The "Safe Sammy" policy was developed during the summer of 2019. This policy provides medical amnesty to some students who have overconsumed alcohol or other drugs, and also to "Good Samaritan" students who respond appropriately when they are aware that another student has overconsumed alcohol or other drugs.
- UMW applied for and reviewed a \$50,000, two-year grant to expand its Eagles in Recovery program, intended to support students in recovery from misuse of alcohol and other drugs.
- Using the Canvas platform, the "OSCAR/Student Conduct 101" course was implemented, and all new students were asked to complete it prior to their arrival in August 2018.
- For students assigned "Under the Influence," there was a large increase in post-test scores, compared to pre-test scores.

- Similarly, for students assigned “Marijuana 101,” there was a large increase in post-test scores, compared to pre-test scores.
- Students taking “Under the Influence” endorsed increases in protective behaviors (including reduced use or abstinence) and decreases in negative consequences.

“Under the Influence,” an online alcohol education course designed specifically for students who violate an institution’s alcohol policies, was used as a sanction for a fourth year. A total of 43 students completed the course, and of those, 29 students completed the optional follow-up 30 days later. Average scores increased between the pre-tests (51%) and the post-tests (86%). This suggests that the course is educating students about alcohol and associated health issues. Most students “agreed” or “strongly agreed” that they were satisfied with the course.

Taking the course was associated with the several positive outcomes, including the following:

- 1) an increase in students who described themselves as non-drinkers, or who said that they drank during just one week in a typical month;
- 2) an increase in the number of students who did not binge drink at all in the previous month;
- 3) an increase in the number of students who always used one or more protective behaviors when they drank within the last 30 days;
- 4) an increase in the number of students who tracked the number of drinks that they consumed when they drank within the last 30 days;
- 5) a decrease in the number of students who experienced any negative consequences when they drank within the last 30 days;
- 6) an increased perception that alcohol adversely affects academic success;
- 7) an increased perception that their friends would feel that it is wrong to use prescription drugs without a prescription;
- 8) a decrease in the number of students who reported having injured themselves due to their alcohol use within the last 30 days;
- 9) a decrease in the number of students who reported having regretted their actions due to their alcohol use within the last 30 days;
- 10) decreases in many of the expected benefits of drinking (for example, forgetting problems; feeling more confident and courageous; feeling more energetic; relieving boredom)

“Marijuana 101,” an online marijuana education course, was assigned to students found in violation of the Drug Policy. This is the sixth year that we used this course. A total of 10 students completed the course, and of those, 4 completed the optional follow-up 30 days later. Average scores increased between the pre-tests (59%) and the post-tests (88%). This suggests that the course is educating students about marijuana and associated health issues.

This year, because of the small sample size, 3rd Millennium Classrooms (the course’s external provider) was unable to provide us with outcome measures other than those related to pre-test/post-test comparisons. However, in 2017-18, most students “agreed” or “strongly agreed” that the course was appropriate and easy to understand, and that it will help them to avoid future problems with marijuana. Also, during that period, completing Marijuana 101 was associated with several positive outcomes, including the following:

- 1) a shift from monthly users to non-users/infrequent users being the most prevalent group;
- 2) a reduction in the average number of weeks each month in which the respondents smoked marijuana at least once;
- 3) an increase in the number of students who spent no money on marijuana or alcohol during a typical week;
- 4) a decrease in the average number of days in which respondents drove a vehicle within five hours of marijuana use;
- 5) a decrease in some negative outcomes associated with marijuana use, including disappointing or hurting someone, and getting in trouble (with the police or authorities);
- 6) an decrease, within the past 30 days, in doing something they later regretted;
- 7) decreased expectancy that marijuana would make them feel "very much" more relaxed or calm;
- 8) an increase in students' belief that it is important to them to change some aspect of their personal use of marijuana;
- 9) less agreement with statements that marijuana was helpful in reducing feelings of nervousness or fear, and with statements that marijuana helped with relaxation, sleep, and stress reduction; and
- 10) decreased perceptions that marijuana use is a norm among college students in the United States.

Actions Planned for 2019-2020:

Under the Influence and Marijuana 101 will continue to be used as educational sanctions for students who violate UMW's alcohol and drug policies. OSCA/Student Conduct 101 will continue to be used to introduce new students to our policies related to alcohol and other drugs. The new Safe Sammy policy (medical amnesty/Good Samaritan policy) will be promoted as a viable alternative for students who have overconsumed alcohol and other drugs. The success of students in recovery will be facilitated through the expansion of our Eagles in Recovery program.