

University of Mary Washington

Biennial Report Concerning Alcohol and Drugs – updated February 2022

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, 2019 and July 31, 2021.

A. 2019-2020 Academic year:

Actions Taken in 2019-2020 and Their Results:

- 181 students were charged with one or more Code of Conduct violations.
- 125 students were found in violation.
- Students were found in violation of UMW's alcohol policies:
 - 10 were found in violation of UMW's policy prohibiting alcohol intoxication.
 - 38 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 20 were found in violation of UMW's drug policies.
- 27 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").
- 2 students were sanctioned to complete motivational interviews about their alcohol use.
- 2 students were sanctioned to complete motivational interviews about their marijuana use.
- The "Safe Sammy" policy, developed during the summer of 2019, was used 11 times – nine times for alcohol-related incidents and two times for drug-related incidents. This policy provides amnesty to students who have overconsumed alcohol or other drugs, if they seek assistance from a UMW official, and also to "Good Samaritan" students who respond appropriately when they are aware that another student has overconsumed alcohol or other drugs.
- UMW received 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 made available, and all new students were asked to complete it prior to their arrival in August 2019.

“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 fifth year. A total of 25 students completed the course, and of those, 18 students completed the optional follow-up 30 days later. The mean pre-test score was 56%, and the mean post-test score was 88%. 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) a decrease in the average number of drinks per day;
- 2) a decrease in prescription drug use;
- 3) an increase in the percentage of students who “always” use protective behaviors when drinking alcohol;
- 4) these protective behaviors included setting a limit for how much they would drink on a given occasion, using a designated driver, and not playing drinking games;
- 5) a decrease in regretting one’s actions as a result of drinking alcohol

“Marijuana 101,” an online marijuana education course, was assigned to students found in violation of the Drug Policy. This is the seventh year that we used this course. A total of 21 students completed the course, and of those, five completed the optional follow-up 30 days later. The mean pre-test score was 57%, and the mean post-test score was 78%. 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.

The number of students who completed Part 2 was too small to provide statistically meaningful data about positive outcomes 30 days after completing Part 1. This also helps to protect the confidentiality of students who completed Part 2.

Actions Planned for 2020-2021:

- Under the Influence and Marijuana 101 will continue to be used as educational sanctions for students who violate UMW’s alcohol and drug policies.
- Motivational interviewing will continue to be used as a sanction for students who appears to be at high risk for negative outcomes related to their alcohol or drug use.
- Students’ knowledge of the Code of Conduct (including alcohol and drug policies) and of the conduct process overall will be facilitated by continuing to use an online course that new students will be expected to complete by the first day of classes in August.
- The Eagles in Recovery program will be continued.

B. 2020-2021 Academic year:

Actions Taken in 2020-2021 and Their Results:

- 162 students were charged with one or more Code of Conduct violations.
- 132 students were found in violation.
- Students were found in violation of UMW's alcohol policies:
 - 2 were found in violation of UMW's policy prohibiting alcohol intoxication.
 - 26 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 12 were found in violation of UMW's drug policies.
- 21 students were sanctioned to complete an online alcohol education class ("Under the Influence").
- 10 students were sanctioned to complete an online marijuana education class ("Marijuana 101").
- 1 student was sanctioned to complete a motivational interview about their alcohol use.
- 1 student was sanctioned to complete a motivational interview about their marijuana use.
- The "Safe Sammy" policy was used seven times – two times for alcohol-related incidents and five times for drug-related incidents.
- UMW continued 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 made available, and all new students were asked to complete it prior to their arrival in August 2020.

"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 sixth year. A total of 20 students completed the course, and of those, 15 students completed the optional follow-up 30 days later. The mean pre-test score was 61%, and the mean post-test score was 88%. 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.

The number of students who completed Part 2 was too small to provide statistically meaningful data about positive outcomes 30 days after completing Part 1. This also helps to protect the confidentiality of students who complete Part 2.

"Marijuana 101," an online marijuana education course, was assigned to students found in violation of the Drug Policy. This is the eighth year that we used this course. A total of 8 students completed the course, and of those, 4 completed the optional follow-up 30 days later. The mean pre-test score was 68%, and the mean post-test score was 78%. This suggests that the course is educating students about alcohol and associated health issues.

The number of students who completed Part 2 was too small to provide statistically meaningful data about positive outcomes 30 days after completing Part 1. This also helps to protect the confidentiality of students who complete Part 2.

Actions Planned for 2021-2022:

- Under the Influence and Marijuana 101 will continue to be used as educational sanctions for students who violate UMW's alcohol and drug policies.
- Motivational interviewing will continue to be used as a sanction for students who appear to be at high risk for negative outcomes related to their alcohol or drug use.
- Students' knowledge of the Code of Conduct (including alcohol and drug policies) and of the conduct process overall will be facilitated by continuing to use an online course that new students will be expected to complete by the first day of classes in August.
- The Eagles in Recovery program will be continued.
- UMW's Drug Policy, specifically related to marijuana, will be reviewed and revised to reflect the Commonwealth's legalization of marijuana as of July 1, 2021.