

University of Mary Washington

Biennial Report Concerning Alcohol and Drugs – March 2018

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, 2015 and July 31, 2017.

A. 2015-2016 Academic year:

Actions Taken in 2015-2016 and Their Results:

- 218 students were found in violation of the Code of Conduct. Of these:
- 28 were found in violation of UMW's policy prohibiting alcohol intoxication.
- 75 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 37 were found in violation of UMW's drug policies.
- 81 students were sanctioned to complete Under the Influence.
 - "Under the Influence," an online alcohol education course, was implemented for the first time this year because the previous course, "AlcoholEdu" was no longer available. Thus, direct comparison data are not available. "Under the Influence" is designed specifically for students who violate an institution's alcohol policies. A total of 78 students completed the course, and of those, 48 students completed the optional follow-up 30 days later. There was a 24% increase in average scores between the pre- and post-tests. This suggests that the course is educating students on alcohol and associated health issues. Students generally agreed that the course provided valuable information and that it was helpful. Taking the course was associated with reductions in the amount and frequency of alcohol consumption, a 0.07% reduction in peak BAC levels, and fewer occurrences of high-risk drinking.
- 30 students were sanctioned to complete Marijuana 101.
 - "Marijuana 101," an online marijuana education course, was assigned to students found in violation of the Drug Policy. This is the third year we used this course. A total of 25 students completed the course, and of those, 19 completed the optional follow-up 30 days later. There was a 26% increase in average scores between the pre- and post-tests. This suggests that the course is educating students on marijuana and associated health issues. Taking the course was associated with a 37% reduction in the number of hours spent weekly under the influence of marijuana, but a 32% increase in dollars spent on marijuana weekly. It also was

associated with decreases in doing something that students later regretted (as a result of their marijuana use), decreases in increased anxiety (as a result of their marijuana use), and in driving a vehicle within four hours of smoking marijuana.

- 5 students were sanctioned to complete motivational interviews about their alcohol use.

Actions Planned for 2016-2017:

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 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, drugs, and relationship violence.

B. 2016-2017 Academic year:

Actions Taken in 2016-2017 and Their Results:

- 232 students were found in violation of the Code of Conduct. Of these:
- 35 were found in violation of UMW's policy prohibiting alcohol intoxication.
- 60 were found in violation of UMW's policy prohibiting the underage possession or consumption of alcohol.
- 32 were found in violation of UMW's drug policies.
- 82 students were sanctioned to complete Under the Influence.
 - "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 second year. A total of 73 students completed the course, and of those, 43 students completed the optional follow-up 30 days later. There was a 58% increase in average scores between the pre- and post-tests. The mean score for pre-tests was 59.3 and the mean score for post-tests was 93.3. This suggests that the course is educating students on alcohol and associated health issues. Most students 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 1) choosing to abstain from alcohol use (from 0% of students to 23.1%); 2) having no drinks the last time they "partied" (an increase of 150%); 3) a 16.7% decrease in prescription drug use; 4) a 16.1% increase in students who always used one or more protective behaviors when they drank within the last 30 days; 5) an increase (8.7%) in willingness to avoid mixed drinks; 6) an increase (13.6%) in willingness to track the number of drinks consumed; 7) an increase (22.2%) in willingness to limit the amount of money spent on alcohol; 8) a decrease in several negative consequences (for example, skipping or cutting classes, being drunk or high at school, and riding with a drunk driver); 9) decreases in many of the expected benefits of drinking (for example, forgetting problems; feeling more confident, courageous, or energetic; and feeling less lonely); and 10) increased awareness of several preferable alternatives to alcohol

use (including volunteering and tutoring others). These findings suggest that the "Under the Influence" course was associated with decreases in at least some high-risk or undesirable behaviors related to alcohol use, and increases in at least some protective behaviors.

- 29 students were sanctioned to complete Marijuana 101.
 - "Marijuana 101," an online alcohol education course designed specifically for students who violate an institution's marijuana policies, was used as a sanction for the fourth year. There was a 33% increase in average scores between the pre- and post-tests. The mean score for pre-tests was 68.5 and the mean score for post-tests was 90.9.
 - Completing Marijuana 101 was associated with 1) a 58% reduction in the number of hours spent weekly under the influence of marijuana; 2) a 24% reduction in the number of weeks spent monthly under the influence of marijuana; 3) a 100% increase in the number of students who spent no money on marijuana during a typical week; 4) a 78% decrease in driving a vehicle within five hours of marijuana use; 5) an 85% decrease in riding in a vehicle within five hours of marijuana use; 6) decreased expectancy that marijuana would make them feel "very much" more relaxed or calm; 7) an increase in students' belief that it is important to them to change some aspect of their personal use of marijuana; 8) not agreeing that marijuana was helpful in reducing feelings of nervousness or fear; 9) not agreeing that marijuana helped with relaxation, sleep, and stress reduction; and 10) a 150% increase in abstaining from alcohol use when using marijuana. Additionally, at the time they took the course, 16% of the students responded that "using marijuana is now just a habit for me." Thirty days later, no students responded in the same way. Additionally, at the time they took the course, 16% of the students responded that "using marijuana is now just a habit for me." These findings suggest that the "Marijuana 101" course was associated with decreases in at least some high-risk or undesirable behaviors related to marijuana
- 2 students were sanctioned to complete motivational interviews about their alcohol use.

"Alcohol Jeopardy" programs were presented to students in Alpha Mu Sigma on October 3, and to residents in the International Living Center on October 5. Together, these programs reached more than 40 students. "Alcohol Jeopardy" is a variation on the popular television game show, but it uses questions related to alcohol knowledge. The program also was presented on Campus Walk during the week of October 31, allowing students to participate in it casually.

During the weekend of January 13-15, 2017, the Director of OSCAR, Lizzie Wright (Assistant Coach of Women's Lacrosse) and four student athletes (representing Women's Lacrosse, Women's Field Hockey, Men's Soccer, and Men's Track and Field) attended the APPLE Conference in Charlottesville, VA. The APPLE Conference is an annual, national conference sponsored by the NCAA. It encourages athletes to address alcohol, tobacco, and other drug issues at their own colleges and universities.

The National College Health Assessment-II (NCHA-II) was administered in April 2017. See Appendix 2 for more information and for selected findings:

Actions Planned for 2017-2018:

Under the Influence and Marijuana 101 will continue to be used as educational sanctions for students who violate UMW's alcohol and drug policies. OSCAR will explore collaboration with UMW Police to educate students about the risks associated with possession or using fake IDs. Also, OSCAR will explore collaboration with the Student Government Association to develop programs intended to reduce risk for students who are celebrating their 21st birthday.