

**EASTERN OREGON UNIVERSITY**  
Counseling and Psychological Services  
*2007-2008 Bi-Annual Review*  
*Drug and Alcohol Programs and Policies*

**GENERAL POLICIES**

Eastern's policies on drug and alcohol abuse have proven to be workable and effective. The policies are the same for all members of the campus community. In addition, the University subscribes to the "Principles of an Institution - wide policy - on Drug Use and Alcohol Abuse for Oregon Higher Education" which was developed by the Oregon Business Council and higher education leaders in the State.

A committee representing faculty, staff, students and local law enforcement developed the University's policies. To date, no challenges have been made about the wording or intent of any of these policies. There is no doubt that the University will penalize persons who fail to abide with these policies. An excellent working relationship exists between the University administrative leadership and the local police in regard to law enforcement.

In the course of each year the University sponsors information sessions about the consequences of drug and alcohol abuse. The University's counseling and health center staffs are available to provide information, treatment and/or referral to those who wish to resolve personal difficulties associated with drugs and alcohol abuse. The Counseling Center and Health Center also work closely with those community agencies that provide treatment alternatives; namely, The Center for Human Development, Alcoholics Anonymous and the Grande Ronde Hospital. Faculty/Staff with more than 50% FTE status are eligible for employee assistance benefits to address drug and alcohol abuse. As a public entity, the University exercises its responsibilities with the enforcement of laws about use, possession and distribution of drugs and/or alcohol.

The development of a Wellness Committee was formed this year to enhance the effort to get information to students and the campus on alcohol and drug use and abuse. There is an ongoing effort to help students make informed choices that will lead to healthy lifestyles.

**PUBLICATION OF POLICIES**

The University publishes "Drug and Alcohol Policies, Laws, Available Treatment, Health Risks" each academic term in its Schedule of Classes. Up until 1992 this information was provided in a special brochure, which unfortunately was discarded by many at the point of distribution. Students tend to keep the Schedule throughout the term, thus increasing their exposure to, and awareness of, Eastern's policies concerning drugs and alcohol. The materials in the class schedule dealing with Drugs and Alcohol are also printed in the Student's Handbook (see Eastern's web page) as well as posted in the dormitories. In addition, the University publishes its Drug and Alcohol Policies in its Faculty/Staff Handbook (see Eastern's web page). These publications are revised and

distributed annually. All new students, faculty and staff orientation programs include coverage of alcohol and drug policies.

## **IMPLEMENTATION AND ENFORCEMENT OF POLICIES**

In 1994 the University began to publicize the fact that the majority of students do not abuse alcohol, use drugs, or accept behavior by persons under the influence of intoxicants. This emphasis on positive peer values will, we believe, reduce incidents of alcohol and drug abuse. Appropriate conduct is celebrated; inappropriate conduct is subject to discipline. The Counseling Center first administered the Alcohol/Drug Use Survey in 1990 and in the following years: 1995, 1997, and 2000 (available on file). In the year 2002 we switched to the CORE Survey (Available on file). This is a standardized drug and alcohol survey that enables us to compare our statistics with other colleges and universities of like sizes in addition to specific statistics to our campus. The results of previous years surveys show a steady slight increase in the consumption and/or abuse of drugs and alcohol on campus. This year we show a decrease in most areas. This may have been due to a smaller sampling size and core survey was mainly distributed in the dorms. We had about a 10% drop in alcohol consumption reported both in the past year and in the past 30 days. In addition binge drinking appeared to drop significantly. In general we are 10% below the identified reference group (58,392 college students). We had about a 12% increase of students being aware that the university has an alcohol and drug prevention program. Alcohol appears to have decreased in prominence but still appears to be the drug of choice. Problematic experiences with legal dilemmas due to drugs and alcohol have decreased and students reported suicidal thinking and behavior, being hurt or injured, and unwanted sexual experiences as decreasing by about 1 % dropping below national norm. . Sample size this year was 137.

In the spring of 2003 the Health Center conducted a survey through the American College Health Association and the National College Health Association (available on file.). This survey gathered information about general health, sexual behavior, violence, alcohol, tobacco and other drug use, depression, and nutrition and exercise. This data shows lower percentages of use and abuse. Sample size for this study was 270 students.

A review of disciplinary data maintained by the University, as well as the results of the four previous surveys, indicates that alcohol is the “drug of choice” at Eastern. The 2006 CORE survey support these conclusions. There have been few drug abuse incidents, but those that have been reported have resulted in serious disciplinary action by the University, as well as being arrested by local law enforcement officials.

The 2007-2008 CORE survey was done this year utilizing survey monkey, an on line computer based survey. It was administered in the spring of 2008 to the on campus community. Results have not been received at this time. They will be attached to this report as soon as we receive the executive summary from the CORE Institute.

Policies appear to be consistently enforced and penalties are administered in a fair and equitable manner. The University's unambiguous posture about drug and alcohol abuse is: it is wrong and will not be tolerated.

Since 1993 all campus buildings have been designated as "tobacco free". Since 1994 athletes are prohibited from using all forms of tobacco during competitions and practices. Tobacco cessation groups and education programs have been offered to the campus community.

## **EDUCATION PROGRAMS**

Eastern continues to offer diversified educational programs about drug and alcohol abuse. New Student Orientation includes information about substance abuse; campus services that assist people experiencing substance problems, and relevant campus policies in regards to drugs and alcohol. Care is given to emphasizing that having fun at Eastern does not require use of drugs or alcohol, and that there are serious consequences from substance abuse. Again, positive peer values are reinforced throughout the orientation program.

In the past Residence Life Program conducted an on-going drug and alcohol education program. This included sessions led by counselors and health staff, bulletin board displays, showing of movies with themes about drugs and alcohol abuse, and guest speakers. The Residence Life staff also sponsored the University's annual Alcohol Awareness Week activities. This did not happen at the same level in 2007-2008. This was partly due to new Res life Director, Interim President, Provost and Dean of Student Affairs. A lot of transition and restructuring of the University.

This past biennium 2007-08 we utilized ECHUG and ETOKE. These are educational programs for students struggling with alcohol and/or drug issues. After completing course they would bring results to the counseling center to review them and evaluate services if needed. We saw a total of 24 students in this capacity.

At the end of 2008 the wellness committee was reformed to begin anew in terms of educational programming for the campus regarding various wellness issues including drugs and alcohol.

The University's Counseling Center is very active in alcohol and drug education. The counseling staff activities include:

- Individual counseling sessions. ( ECHUG Evaluations)
- Referral of individuals to appropriate treatment agencies.
- Consultation with Residence Life staff.
- Freshman Orientation workshops dealing with sex, alcohol and drugs.
- Healthy relationships seminars.
- Dissemination of Students in Distress pamphlet for faculty and staff.
- Freshman orientation workshop on the Red Zone
- Articles in the campus newspaper regarding alcohol and substance abuse.

- Use of Alcohol 101 Plus CD Rom as an educational tool for students faculty and staff.
- Development and implementation of Echug and Etoke program for MIP students.

The University Health Services also is engaged in drug and alcohol education programs. Health Center Staff writes periodic articles in the campus newspaper about drug and alcohol abuse. The Health Center and Student Activities sponsored a guest speaker about healthy relationships, including an important segment about substance abuse.

## **FUTURE AND ONGOING ACTIVITIES**

Eastern has a commitment to educating and helping students develop healthy lifestyles and make appropriate choices for themselves. The Counseling Center, Residence Life, Health Center, Athletic Department, and Office of Student Affairs all continue to develop strategies and programs to facilitate awareness and education regarding drug and alcohol abuse.

The University's athletic department continues to be active in education and prevention. They work closely with the Counseling Center, and refer students they believe to be struggling with drug and/or alcohol problems. Special emphasis has been given to intervention strategies for students both in the classroom and on the field.

A wellness committee was reactivated in 2008 to help develop and implement alternative activities to enhance healthy lifestyles and choices. It consists of representatives from the counseling center, health center, student activities office, residence life office and athletic department, and student representatives. During the 2005-2006 year they have worked hard to develop programs and workshops around alcohol and drug awareness. It implemented Echug and Etoke program for the purpose of educating MIPs. We believe that the new program and wellness committee had a positive effect on alcohol consumption on our campus. This combined with the millennial generation who are more compliant, group oriented and health conscious could explain our positive decrease in abuses.

It is clear that both students and employees are made aware of the risks involved in alcohol and drug abuse. Included in their orientation and throughout their matriculation they are given access to a variety of available programs. They are given a clear message regarding both legal and ethical responsibilities the University has to enforce and uphold.

Contributors to this report were the Wellness Committee, Director of Residence Life, The Director of Counseling Center, Counseling Center Staff; Director of Health Services, Health Services Staff, Director and staff of the Athletic Department and the Wellness Coordinator and director of Student Activities.

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