

**EASTERN OREGON UNIVERSITY**  
*2010—2012 Biennial Review*  
*Drug and Alcohol Programs and Policies*

Author: Dr. Thacher Carter, Counseling and Psychological Services

**GENERAL POLICIES**

Eastern Oregon University's (EOU) 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 by 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 student Counseling and Health center staffs are available to students to provide information, treatment, and/or referral to those who wish to resolve personal difficulties associated with drugs and alcohol abuse. Consultation is available to faculty and staff through the Counseling Center. 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 are referred to outside agencies including law enforcement, health centers, clinics and/or independent practitioners for help with issues regarding alcohol and/or drug 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.

A Wellness Committee was formed 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, and Health Risks" each academic year. The materials dealing with Drugs and Alcohol are printed in the Student Handbook (see Eastern's web page: Students) as well as posted in the residence halls. In addition, the University publishes its Drug and Alcohol Policies in its Faculty/Staff Handbook (see Eastern's web page). New faculty and staff orientation programs include information on accessing Eastern's web site that covers alcohol and drug policies and procedures for University employees.

**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 has, we believe, reduced 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 to students in 1990

and in the following years: 1995, 1997, and 2000 (available on file). In the year 2002 we switched to the nationally-benchmarked CORE Survey, administering it once every two years (available on file). This nationally standardized drug and alcohol survey enables us to compare our statistics with other colleges and universities of like sizes in addition to statistics specific to our campus. The previous year's survey results show a steady slight increase in the consumption and/or abuse of drugs and alcohol on campus. This year we showed a slight increase in most areas. This occurred even though we had a larger sample size than the last biennial review (2010: 201, 2012: 320). We had about a 3% increase in alcohol consumption reported in the past year and a 10% increase in the past 30 days. In addition, binge drinking appeared to increase about 6%. In general, we are 9% below the identified reference group (61,057 college students) in use and abuse. We had an increase of about 10% in awareness of a drug prevention program for this report (2010: 21% vs. 2012: 31%). EOU had about a 10% increase in students being aware that the University has an alcohol and drug prevention policy. Alcohol appears to have slightly increased in prominence but still appears to be the drug of choice. Problematic experiences with legal dilemmas due to drugs and alcohol have slightly increased and students reported suicidal thinking and behavior, being hurt or injured, and unwanted sexual experiences as slightly increased by about 2% but still below the national norm. Sample size this year was 320 students; for 2010 it was 201.

A review of student conduct data maintained by the University, as well as the results of the CORE survey, indicate that alcohol is the "drug of choice" at EOU. The 2012 CORE survey supports these conclusions. There have been few drug abuse incidents, and those that are reported have resulted in conduct/educational action by the University, as well as being arrested by local law enforcement officials as appropriate. Marijuana use increased 3% from the last biennial review.

The 2010-2012 CORE survey was done this year utilizing Survey Monkey, an on-line, web-based survey. It was administered in the spring of 2012 to the on-campus student population. Executive reports from CORE for 2012 are included in this report.

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 that it is unhealthy, risky, and will not be tolerated.

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

## **EDUCATION PROGRAMS**

EOU continues to offer diversified educational programs about drug and alcohol abuse. New student Week of Welcome includes information about substance abuse, campus services that assist people experiencing substance problems and relevant campus policies in regards to drugs and alcohol. The campus community emphasizes 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.

Residence Life conducts an on-going drug and alcohol education program. This included sessions led by the Counseling Center and Student Health Center staff, bulletin board displays, showing of movies with themes about drugs and alcohol abuse with discussion following, and guest speakers. The Residence Life staff also sponsored the University's annual Alcohol Awareness Week activities. The staff facilitates over 60 events each term for the residents. Some of these events include alcohol awareness discussions. An example of alcohol awareness programming is the "Drunk Mario Kart" event held in the residence halls. During this event, guest speakers including two police officers discussed the implications of driving under the influence of alcohol and commonly

seen outcomes of general alcohol consumption. The police officers went through field sobriety tests with a few residents who were wearing the vision- distorting goggles and then facilitated further discussion. After the presenters, the residents were allowed to play Mario Kart while wearing these goggles that distorted their vision and made controlling their cart difficult. We try to combine an educational message with something fun so that residents are interested in attending the event but also learn about the program's specific topic while there.

The RAs are trained to confront residents involved in a drug or alcohol-related incident and resolve the issue. The RAs involved then file a report through the student conduct system. The sanctions given for alcohol policy violations vary depending on the specific incident. The conduct system is intended to be educationally-based and not punitive. Some of the sanctions utilized for an alcohol policy violation are the online alcohol course, a reflective essay, an interview of a police officer, and/or a disciplinary fine. We also have an online marijuana course that is utilized as a sanction for some of the drug-related incidents.

During this biennium 2010-2012, we utilized 3<sup>rd</sup> Millennium Classrooms: Under the influence: E Checkup (formerly ECHUG) and Marijuana 101 (formerly ETOKE) evaluations. These are online educational programs for students struggling with alcohol and/or drug issues. After completing evaluations, students bring results to the Counseling Center to review them and evaluate services if needed. We saw 71 students in this capacity in the last two years; 34 in 2010-2011 and 27 in 2011-2012.

In 2012, the Wellness Committee was charged with educational programming for the campus regarding various wellness issues including drugs and alcohol.

The EOU Counseling Center is very active in alcohol and drug education. The Counseling Center staff activities include:

- Individual counseling sessions. ( including E Checkup and marijuana 101 Evaluations)
- Referral of individuals to appropriate treatment agencies.
- Consultation with Residence Life staff.
- Week of Welcome workshops dealing with sex, alcohol, and drugs.
- Healthy relationship seminars.
- Dissemination of Students in Distress pamphlet for faculty and staff.
- New student Week of Welcome workshop that included discussion of the Red Zone and healthy choices.
- Articles in the campus newspaper regarding alcohol and substance abuse.
- Continued implementation of E Checkup and marijuana 101 evaluations for MIP referred students.

EOU's Student Health Center also is engaged in drug and alcohol education programs. Health Centers Staff writes periodic articles in the campus newspaper about drug and alcohol abuse.

During the 2011-2012 academic year, there were several outreach and promotional education events on alcohol and other drugs. Two workshops called *Alcohol and Health* were put on for first-year students to educate them about harmful health effects. For Homecoming and Graduation, students were offered free "safe rides" from campus or other places to their homes during designated hours. The Union County Safe Communities Coalition held a town hall meeting event on campus that focused on underage drinking and was open to the public. In one of the residence halls a presentation was done by local law enforcement to educate about DUI's and drunk driving.

The Wellness Coordinator went to a local Girl Scout troop's meeting to educate the 9 and 10 year-old girls about different types of drugs and their damaging effects. There was an outreach event on prescription drug abuse

where students were approached and given information about commonly abused prescription drugs and the consequences.

### **ONGOING AND FUTURE ACTIVITIES**

EOU 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 the Vice President for 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.

The Wellness Committee works to help develop and implement alternative activities to enhance healthy lifestyles and choices. It consists of representatives from the Counseling Center, Student Health Center, Student Involvement, Residence Life, Multicultural Center, Women's Research and Resource Center, the Athletic Department, and student representatives. During the 2010-2012 year they have worked hard to develop programs and workshops around alcohol and drug awareness. E Checkup and marijuana 101 evaluations continue for the purpose of educating MIPs (minors in possession). We believe that the Wellness Committee has a positive effect on alcohol consumption on our campus.

It is clear that both students are made aware of the risks involved in alcohol and drug abuse. Included in new student programming 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. The University takes a strong stand in regard to alcohol and drug abuse, however, the campus also believes in education and support for those seeking to change their behavior.

In 2012-2013 we will be partnering with the Center for Human Development to institute a social norming program on alcohol along with other awareness activities. In addition Eastern will be developing and introducing a bystander intervention program related to sexual assault prevention.

Contributors to this report were the Wellness Committee, Housing and Student Involvement staff, Counseling Center staff, Student Health Center staff, Coordinator of Health and Wellness, and the Athletic Department.

## Eastern Oregon University

### CORE ALCOHOL AND DRUG SURVEY - FORM 191 EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with the students' attitudes, perceptions, and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

#### Key Findings from students at Eastern Oregon University

Following are some key findings on the use of alcohol:

- 76.7% of the students consumed alcohol in the past year ("annual prevalence").
- 64.2% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 59.8% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 34.5% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 25.1% of the students have used marijuana in the past year ("annual prevalence").
- 14.5% of the students are current marijuana users ("30-day prevalence").
- 9.4% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 5.7% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 14.5% Marijuana (pot, hash, hash oil)
- 3.2% Amphetamines (diet pills, speed)
- 2.5% Sedatives

Following are some key findings on the consequences of alcohol and drug use:

- 24.4% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 23.1% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

81.4% of students said the campus has alcohol and drug policies;  
 18.3% said they "don't know"; and  
 0.3% said there wasn't a policy.

31.9% of students said the campus has an alcohol and drug prevention program;  
 63.1% said they "don't know"; and  
 5.0% said there wasn't a program.

62.9% of students said the campus is concerned about the prevention of drug and alcohol use;  
 25.2% said they "don't know"; and  
 11.9% said the campus is not concerned.

With regard to students' perceptions of other students' use:

88.5% of students believe the average student on campus uses alcohol once a week or more.  
 59.4% of students believe the average student on this campus uses some form of illegal drug at least once a week.  
 36.9% of students indicated they would prefer not to have alcohol available at parties they attend.  
 86.9% of students indicated they would prefer not to have drugs available at parties they attend.

### Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 61057 students from 118 institutions that completed the Core Alcohol and Drug Survey Long Form in 2009 Aggregated National Data.

More detailed analyses can be found by contacting the Core Institute.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use \_\_\_\_\_?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

**Table 2 - Substance Use**

Substance	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Week or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	46.4	48.3	31.0	37.8	21.6	26.1	12.9	14.5
Alcohol	83.6	85.3	76.7	81.7	64.2	68.3	15.1	20.5

Marijuana	42.6	43.4	25.1	30.2	14.5	17.2	6.6	6.8
Cocaine	12.5	8.2	3.5	4.2	1.9	1.5	0.3	0.2
Amphetamines	14.2	11.9	5.3	5.7	3.2	3.0	2.5	1.6
Sedatives	10.1	8.0	4.4	4.2	2.5	1.9	0.9	0.5
Hallucinogens	10.7	7.6	2.5	3.8	0.9	1.1	0.3	0.2
Opiates	7.3	2.7	2.5	1.4	1.6	0.8	1.6	0.3
Inhalants	5.4	3.3	0.6	0.9	0.3	0.5	0.3	0.2
Designer drugs	7.8	7.4	3.4	3.4	1.9	1.1	0.6	0.2
Steroids	0.9	1.2	0.9	0.7	0.6	0.5	0.3	0.2
Other drugs	6.9	3.8	1.6	1.8	1.6	0.8	0.3	0.2

Notes:

Coll. = Eastern Oregon University

Ref. = Reference group of 61057 college students

The average number of drinks consumed per week at this institution is 2.8 drinks. The national average is 4.6 drinks (based on a sample of 61057). The percentage of students who report having binged in the last two weeks at this institution is 34.5% compared to the national average of 43.1%.

### Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

**Table 3 - Problematic Experiences**

<u>This Institution</u>	<u>Reference Group</u>	<u>Experience</u>
2.9	1.3	Been arrested for DWI/DUI
7.0	11.2	Been in trouble with police, residence hall, or other college authorities
3.2	5.2	Damaged property, pulled fire alarms, etc.
21.0	34.0	Done something I later regretted
20.1	26.4	Missed a class
1.3	28.3	Been criticized by someone I know
4.8	32.3	Had a memory loss
15.5	50.8	Got nauseated or vomited
8.3	59.6	Had a hangover
2.6	8.5	Been taken advantage sexually
5.7	2.6	Taken advantage of another sexually
9.2	5.0	Tried unsuccessfully to stop using
19.6	9.8	Thought I might have a drinking or other drug problem
30.9	20.2	Performed poorly on a test or important project
18.5		
26.3		

27.2
47.9
51.6

## Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

**Table 4 - Differences among Student Groups**

	<u>Gender</u>		<u>Age</u>		<u>Average</u>		<u>Campus Residence</u>	
	<b>Female</b>	<b>Male</b>	<b>16-20</b>	<b>21+</b>	<b>A-B</b>	<b>C-F</b>	<b>On</b>	<b>Off</b>
Sample Sizes:	201	118	134	185	267	53	95	224
Currently use (in the past 30 days) alcohol	64.0	65.0	59.8	67.0	64.2	64.2	58.5	66.8
Currently use (in the past 30 days) marijuana	12.5	17.9	12.1	16.2	13.6	18.9	7.4	17.5
Currently use (in the past 30 days) illegal drugs other than marijuana	5.5	6.0	5.3	5.4	6.0	3.8	3.2	6.7
Had 6 or more binges in the past 2 weeks	3.0	6.8	4.5	3.8	4.1	5.7	3.2	4.9
Have driven a car while under the influence during past year	17.7	25.9	14.6	25.0	19.7	27.5	7.5	26.2
Have been taken advantage of sexually during past year	8.0	8.8	9.3	7.6	7.6	11.8	6.5	9.0
Have taken advantage of another sexually during past year	1.5	4.3	2.3	2.7	2.3	4.0	2.2	2.7

## Sample Demographics

20.0% were freshmen

22.5% were sophomores

29.1% were juniors

25% were seniors

1.9% were graduates

1.6% were other

67.1% were in the "typical" college age range of 18-22

63.0% were female

70.2% lived off campus

48.9% worked part-time or full-time

93.7% were full-time students

26.0% reported spending at least 5 hours per month in volunteer work