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# Drug-Free Schools and Communities Act

2018 Biennial Review

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## INTRODUCTION TO THE UNIVERSITY OF TEXAS AT AUSTIN

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The University of Texas at Austin is one of the largest public research universities in the United States, serving as the flagship school of The University of Texas System, a system that includes nine academic universities and six health institutions statewide.

The university was founded in 1883 and is now a 431-acre main campus with over 170 buildings. Its satellite campuses include the J.J. Pickle Research Campus, Center for Global Innovation and Entrepreneurship, Lady Bird Johnson Wildflower Center, Marine Science Institute, McDonald Observatory and Brackenridge Field.

The university serves more than 51,000 students and has 3,000 teaching faculty, with a diverse student population of students from across the United States and more than 100 countries. The university has more than 1,100 student organizations, including educational, sports, cultural and health-related interests.

Through its rich tradition and dedication to academic excellence, the university community performs groundbreaking research and cutting-edge teaching and learning. The institution provides students a foundation to affect and improve the future and make global contributions. The university is consistently one of the top 20 public universities, according to U.S. News & World Report, with more than 15 undergraduate programs and 40 graduate programs nationally ranked in the top 10.

The university's faculty and staff are committed to the well-being of all campus community members. They offer services and programs to optimize health and safety throughout the campus. Faculty and staff work collaboratively across academic disciplines and administrative programs on well-being resources and programming, including drug and alcohol abuse education and prevention, to help the campus community achieve productive and successful experiences and minimize substance misuse. Departments including academic, nonacademic, research, administrative, athletic and student affairs, are all engaged in and dedicated to this endeavor. Activities include alcohol and drug research, programs, policy, regulations, prevention, intervention, treatment and recovery.

The City of Austin, known for its creative and entrepreneurial spirit, further contributes to the university's influence that provides many paths for student growth and opportunities to make a difference.

## CORE PURPOSE AND MISSION: INSTITUTIONAL

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### **Mission**

The mission of The University of Texas at Austin is to achieve excellence in the interrelated areas of undergraduate education, graduate education, research and public service. The university provides superior and comprehensive educational opportunities at the baccalaureate through doctoral and special professional educational levels.

The university is committed to the well-being, growth and knowledge of its students and staff through ensuring a campus free of illicit and abusive use of alcohol and other drugs. UT Austin endeavors to provide the necessary resources for the fair enforcement of all relevant rules and regulations, the education of the effects of alcohol and other drugs, and the recovery and support of all those negatively affected.

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### **Core Purpose**

To transform lives for the benefit of society.

### **Core Values**

- Learning – A caring community, all of us students, helping one another grow.
- Discovery – Expanding knowledge and human understanding.
- Freedom – To seek the truth and express it.
- Leadership – The will to excel with integrity and the spirit that nothing is impossible.
- Individual Opportunity – Many options, diverse people and ideas, one university.
- Responsibility – To serve as a catalyst for positive change in Texas and beyond.

### **Student Honor Code**

“As a student of The University of Texas at Austin, I shall abide by the core values of the university and uphold academic integrity.”

### **University Code of Conduct**

“The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness and respect toward peers and community.”

## CORE PURPOSE AND MISSION: DEPARTMENTAL

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Each department within the university has as its mission the provision of services that will facilitate the fulfillment of the university's mission and core purpose. Certain departments, units and agencies focus their services on issues related to this report, particularly the following:

**Counseling and Mental Health Center** helps students with their personal concerns so that they may better meet the daily challenges of student life. The department provides a range of mental health services and offers short-term individual and group counseling for a wide range of issues, including alcohol and other forms of substance abuse. It does not provide formal substance abuse treatment or medically supervised detoxification services. However, the department offers resource information for outpatient and residential treatment and provides formal substance abuse assessments with a licensed counselor. Education and guidance is also available to parents, faculty and staff.

**Employee Assistance Program** supports the mental, emotional and physical well-being of faculty and staff and promotes the university's organizational health and effectiveness. The program provides free short-term, confidential counseling consultations and referral services with an experienced staff of licensed psychologists and social workers to benefits-eligible employees, retirees and dependents. Counselors assess needs and develop a plan with the individual for addressing those needs, either within the program, through a community provider or through other UT Austin resources. The program provides educational programs focused on health and well-being which provide assistance in reducing high risk behaviors and creating alternative healthy habits.

**New Student Services** spearheads orientation for thousands of freshmen and transfer students each year, ensuring they successfully transition to campus and register for classes. The department also leads programs to promote student engagement, academic success and student leadership opportunities throughout the year.

**Office of the Dean of Students** provides opportunities and experiences that support student learning and personal development. The department has several units that provide educational programming designed to bring awareness to alcohol- and drug-related issues:

**Sorority and Fraternity Life** cultivates educational and leadership development, in collaboration with individuals and organizations, to foster a culturally conscious, safe and responsible community. This unit serves as the university liaison to the Interfraternity Council, Multicultural Greek Council, Latino Pan-Hellenic Council, National Pan-Hellenic Council, Texas Asian Pan-Hellenic Council, University Panhellenic Council and Affiliate Group Member Organizations.

**Student Activities** promotes student organization development, leadership opportunities, community service, co-curricular programming and risk management education.

**Student Conduct and Academic Integrity** promotes appropriate standards of conduct for the university community. This unit is responsible for investigating alleged violations of institutional rules and for implementing the discipline process.

**Student Emergency Services** offers support and assistance to students experiencing difficult and unexpected situations and urgent matters. The unit provides support through absence notifications due to emergencies, the student emergency fund due to financial emergencies, victim resources due to violence and crimes, and referrals for on-campus and community agencies.

**Student Veteran Services** is dedicated to providing veterans, military personnel and their family members with the support needed to make the most of their educational experience. The unit aims to equip student

veterans with the tools they need to achieve their highest personal and academic potential. It also works closely with other departments on campus and various community partners.

**Texas Athletics** is committed to aligning its vision, core purpose and values with those of the university as stated in university's Intercollegiate Athletics Strategic Plan, "Winning with Integrity." Specifically, the core purpose of Texas Athletics is "to prepare students to win with integrity—in academics, in athletics and in life."

**The Center for Students in Recovery** provides a supportive community where students in recovery and in hope of recovery can achieve academic success while enjoying a genuine college experience free from alcohol and other drugs. The department offers ongoing support, a community of peers in recovery, and a safe space for students in recovery or seeking recovery. Participation in this inclusive community is free and completely voluntary. The department provides ongoing programs that support recovery such as sober social activities, 12-step meetings, service and volunteer opportunities on campus and in the community, scholarships, peer and professional support, and academic advocacy.

**University Health Services** provides health care and public health leadership to support students in reaching their optimal health to achieve their academic and personal potential. Its Health Promotion Resource Center researches student health behaviors, and develops and implements prevention strategies to address these issues. One of its major functions is to provide accurate and effective alcohol and drug prevention and education. The unit provides programs and initiatives to help UT Austin students make informed choices that can help reduce the harm and manage the risks of alcohol and drug use. Staff also collaborates with campus and community partners to implement strategies to reduce high-risk drinking.

**University Housing and Dining** cultivates inclusive learning communities that foster student engagement, growth and success at the university. The department conducts alcohol- and drug-related educational programming within residence halls to raise awareness of the resident population. Programming for all residence hall activities is designed to reinforce the value that effective social interaction can occur without the presence of alcohol and drugs, as well as to educate on the effects of alcohol and drug use.

**University of Texas Police Department** employs more than 178 dedicated individuals interested in making a positive difference on campus. In keeping with its community-oriented policing philosophy, the department regularly partners with faculty members, staff members and students on crime prevention and law enforcement programs. Founded in 1968, the department is accredited through the Commission on Accreditation for Law Enforcement Agencies.

**UT Wellness Network** is a campus-wide coalition committed to assessing and addressing the health and wellness needs of students, faculty and staff. It brings together advocates for health and wellness from across the university to share information, strategies and resources. The Wellness Network works toward a campus community where the healthy choice is the easy choice. Its High-Risk Drinking Prevention Committee works to reduce high-risk drinking through research, campus and community partnerships, and recommending strategies and policy changes. Its Committee on Substance Safety and Overdose Prevention works to address substance use safety and overdose prevention in the campus community.

## OBJECTIVES OF THE BIENNIAL REVIEW

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The University of Texas at Austin is required to establish a drug and alcohol prevention program for its students and employees. The Drug-Free Schools and Communities Act requires that an institution of higher education has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol for students and employees on school premises and as a part of its activities. The objective of this report is to document the university's alcohol and other drug efforts toward compliance with the Drug-Free Schools and Communities Act.

Documentation in the report was achieved by compiling self-reported efforts from a variety of university agencies. University agencies were asked to review previous Biennial Reviews to provide updates, describe new policies and programs since the previous review, and make recommendations for future development of programming and services. The participating units were selected on the basis of their roles within the university community as they relate to interactions with the university staff and student populations for the purposes of the Biennial Review. The finalized report with compiled results of the self-studies will be provided to those units for their reference. Appropriate departments and agencies within the institution will review these recommendations with particular attention given by the Office of the Vice President for Student Affairs.

The 2018 Biennial Review is a summary of programs, policies and services for the 2016-2017 and 2017-2018 academic years. This Biennial Review includes the following:

1. Documentation of all alcohol and drug cases adjudicated at the institution and the accompanying sanctions issued for these violations.
2. Identification of methods in place to educate members of the university community about policies related to alcohol and drugs, and sanctions in place to enforce these policies.
3. Identification of alcohol and drug programming that occurs on the university campus.
4. Identification of resources and intervention assistance available to individuals.
5. Review of the university's alcohol- and drug-related policies, procedures, programming, and intervention methods.
6. Recommendations for improving alcohol- and drug- related policies, procedures, programs and overall coordination.

## HEALTH RISKS OF DRUGS AND ALCOHOL

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### **Alcohol's Effects on the Body**

Drinking too much – on a single occasion or over time – can take a serious toll on a person's health. Below is information about how alcohol can affect the human mind and body.

#### ***Brain***

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

#### ***Heart***

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – stretching and drooping of heart muscle
- Arrhythmias – irregular heart beat
- Stroke
- High blood pressure

#### ***Immune System***

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

#### ***Liver***

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

#### ***Pancreas***

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

#### ***Cancer***

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks—particularly the more alcohol a person drinks regularly over time—the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related. Clear patterns have emerged between alcohol consumption and the development of the following types of cancer

- **HEAD AND NECK CANCER.** Moderate to heavy alcohol consumption is associated with higher risks of certain head and neck cancers. Moderate drinkers have 1.8-fold higher risks of oral cavity (excluding the lips) and pharynx (throat) cancers and 1.4-fold higher risks of larynx (voice box) cancers than non-drinkers, and heavy drinkers have 5-fold higher risks of oral cavity and pharynx cancers and 2.6-fold higher risks of larynx cancers. Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco.



- **ESOPHAGEAL CANCER.** Alcohol consumption at any level is associated with an increased risk of a type of esophageal cancer called esophageal squamous cell carcinoma. The risks, compared with no alcohol consumption, range from 1.3-fold higher for light drinking to nearly 5-fold higher for heavy drinking. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of esophageal squamous cell carcinoma if they consume alcohol.
- **LIVER CANCER.** Heavy alcohol consumption is associated with approximately 2-fold increased risks of two types of liver cancer (hepatocellular carcinoma and intrahepatic cholangiocarcinoma).
- **BREAST CANCER.** Epidemiologic studies have consistently found an increased risk of breast cancer with increasing alcohol intake. Pooled data from 118 individual studies indicates that light drinkers have a slightly increased (1.04-fold higher) risk of breast cancer, compared with nondrinkers. The risk increase is greater in moderate drinkers (1.23-fold higher) and heavy drinkers (1.6-fold higher). An analysis of prospective data for 88,000 women participating in two US cohort studies concluded that for women who have never smoked, light to moderate drinking was associated with a 1.13-fold increased risk of alcohol-related cancers (mostly breast cancer).
- **COLORECTAL CANCER.** Moderate to heavy alcohol consumption is associated with 1.2- to 1.5-fold increased risks of cancers of the colon and rectum compared with no alcohol consumption.

Sources: *The National Institute on Alcohol Abuse and Alcoholism, National Cancer Institute*

### Drugs' Effects on the Body

All controlled substances have abuse potential or are immediate precursors to substances with abuse potential. Below is information about how drugs can affect the human mind and body.

#### ***Narcotics (Fentanyl, Heroin, Hydromorphone, Methadone, Morphine, Opium, Oxycodone)***

- **EFFECTS ON THE MIND**  
Besides their medical use, narcotics/opioids produce a general sense of well-being by reducing tension, anxiety, and aggression. These effects are helpful in a therapeutic setting but contribute to the drugs' abuse. Narcotic/opioid use comes with a variety of unwanted effects, including drowsiness, inability to concentrate, and apathy.
- **EFFECTS ON THE BODY**  
Narcotics/opioids are prescribed by doctors to treat pain, suppress cough, cure diarrhea, and put people to sleep. Effects depend heavily on the dose, how it's taken, and previous exposure to the drug. Negative effects include slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing. As the dose is increased, both the pain relief and the harmful effects become more pronounced. Some of these preparations are so potent that a single dose can be lethal to an inexperienced user. However, except in cases of extreme intoxication, there is no loss of motor coordination or slurred speech.

#### ***Stimulants (Amphetamines, Cocaine, Khat, Methamphetamine)***

- **EFFECTS ON THE MIND**  
When used as drugs of abuse and not under a doctor's supervision, stimulants are frequently taken to produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged period, and "get high" Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine,

methylphenidate, methamphetamine, cocaine, and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a “crash.”

- **EFFECTS ON THE BODY**

Stimulants are sometimes referred to as uppers and reverse the effects of fatigue on both mental and physical tasks. Therapeutic levels of stimulants can produce exhilaration, extended wakefulness, and loss of appetite. These effects are greatly intensified when large doses of stimulants are taken. Taking too large a dose at one time or taking large doses over an extended period of time may cause such physical side effects as dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.

### ***Depressants (Barbiturates, Benzodiazepines, GHB, Rohypnol)***

- **EFFECTS ON THE MIND**

Depressants used therapeutically do what they are prescribed for: induce sleep, relieve anxiety and muscle spasms, and prevent seizures. They also cause amnesia, leaving no memory of events that occur while under the influence, reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants produces psychological dependence and tolerance.

- **EFFECTS ON THE BODY**

Some depressants can relax the muscles. Unwanted physical effects include slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment. Unlike barbiturates, large doses of benzodiazepines are rarely fatal unless combined with other drugs or alcohol. But unlike the withdrawal syndrome seen with most other drugs of abuse, withdrawal from depressants can be life threatening.

### ***Hallucinogens (Ecstasy/MDMA, Ketamine, LSD, Peyote & Mescaline, Psilocybin)***

- **EFFECTS ON THE MIND**

Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may experience flashbacks — fragmentary recurrences of certain aspects of the drug experience in the absence of actually taking the drug. The occurrence of a flashback is unpredictable, but is more likely to occur during times of stress and seems to occur more frequently in younger individuals. With time, these episodes diminish and become less intense.

- **EFFECTS ON THE BODY**

Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils.

### ***Marijuana/Cannabis***

- **EFFECTS ON THE MIND**

When marijuana is smoked, the tetrahydrocannabinol (THC) passes from the lungs and into the bloodstream, which carries the chemical to the organs throughout the body, including the brain. In the brain, the THC connects to specific sites called cannabinoid receptors on nerve cells and influences the activity of those cells. Many of these receptors are found in the parts of the brain that influence pleasure, memory, thought, concentration, sensory and time perception, and coordinated movement. The short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.

The effect of marijuana on perception and coordination are responsible for serious impairments in learning, associative processes, and psychomotor behavior (driving abilities). Long term, regular use can lead to physical dependence and withdrawal following discontinuation, as well as psychic addiction or dependence. Clinical

studies show that the physiological, psychological, and behavioral effects of marijuana vary among individuals and present a list of common responses to cannabinoids, as described in the scientific literature:

- Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially
  - Merriment, happiness, and even exhilaration at high doses
  - Disinhibition, relaxation, increased sociability, and talkativeness
  - Enhanced sensory perception, giving rise to increased appreciation of music, art, and touch
  - Heightened imagination leading to a subjective sense of increased creativity
  - Time distortions
  - Illusions, delusions, and hallucinations are rare except at high doses
  - Impaired judgment, reduced coordination, and ataxia, which can impede driving ability or lead to an increase in risk taking behavior
  - Emotional lability, incongruity of affect, dysphoria, disorganized thinking, inability to converse logically, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, and panic attacks may occur, especially in inexperienced users or in those who have taken a large dose
  - Increased appetite and short-term memory impairment are common
- **EFFECTS ON THE BODY**  
Short-term physical effects from marijuana use may include sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and decreased blood pressure. Marijuana smokers experience serious health problems such as bronchitis, emphysema, and bronchial asthma. Extended use may cause suppression of the immune system. Withdrawal from chronic use of high doses of marijuana causes physical signs including headache, shakiness, sweating, and stomach pains and nausea. Withdrawal symptoms also include behavioral signs such as restlessness, irritability, sleep difficulties, and decreased appetite.

### ***Steroids***

- **EFFECTS ON THE MIND**  
Case studies and scientific research indicate that high doses of anabolic steroids may cause mood and behavioral effects. In some individuals, steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as “roid rage”). When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction.
- **EFFECTS ON THE BODY**  
A wide range of adverse effects is associated with the use or abuse of anabolic steroids. These effects depend on several factors including age, sex, the anabolic steroid used, amount used, and duration of use. In adolescents, anabolic steroid use can stunt the ultimate height that an individual achieves. In boys, steroid use can cause early sexual development, acne, and stunted growth. In adolescent girls and women, anabolic steroid use can induce permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and lengthening of the clitoris. In men, anabolic steroid use can cause shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer. In both men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Users who inject steroids run the risk of contracting various infections due to non-sterile injection techniques, sharing of contaminated needles, and the use of steroid preparations manufactured in non-sterile environments. All these factors put users at risk for contracting viral infections such as HIV/AIDS or hepatitis B or C, and bacterial infections at the sight of injection. Users may also develop endocarditis, a bacterial infection that causes a potentially fatal inflammation of the heart lining.

## *Inhalants*

- **EFFECTS ON THE MIND**

Inhalant abuse can cause damage to the parts of the brain that control thinking, moving, seeing, and hearing. Cognitive abnormalities can range from mild impairment to severe dementia.

- **EFFECTS ON THE BODY**

Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Nearly all inhalants produce effects similar to anesthetics, which slow down the body's function. Depending on the degree of abuse, the user can experience slight stimulation, feeling of less inhibition, or loss of consciousness.

Within minutes of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. These effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. After heavy use of inhalants, users may feel drowsy for several hours and experience a lingering headache.

Additional symptoms exhibited by long-term inhalant users include:

- Weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs
- Some of the damaging effects to the body may be at least partially reversible when inhalant abuse is stopped; however, many of the effects from prolonged abuse are irreversible.
- Prolonged sniffing of the highly concentrated chemicals solvents or aerosol sprays can induce irregular and rapid heart rhythms and lead to heart failure and death within minutes. There is a common link between inhalant use and problems in school — failing grades, chronic absences, and general apathy.
- Other signs include:
- Paint or stains on body or clothing; spots or sores around the mouth; red or runny eyes or nose; chemical breath odor; drunk, dazed, or dizzy appearance; nausea; loss of appetite; anxiety; excitability; and irritability

*Source: Drugs of Abuse, US Department of Justice Drug Enforcement Administration Resource Guide, 2017 Edition*

## PROGRAM INVENTORY: PREVENTION AND EDUCATION

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Following is an inventory of the university's varied alcohol- and other drug-related actions and activities, including policies, regulations, prevention, intervention, treatment, recovery and research.

The university places considerable emphasis on prevention programs, teaching basic behavioral skills, increasing awareness of the dangers of high-risk behavior, and aiming to shift social norms and correct misperceptions about what substance safety risk behaviors students are actually engaging in. Following is a listing of relevant prevention and education initiatives.

### **Alcohol and Other Drug Counseling Program**

#### *COUNSELING AND MENTAL HEALTH CENTER*

The Alcohol and Other Drug Counseling Program provides individual and group clinical services. This is a program for students who have questions about their own or someone else's substance use. This counseling program is a multidisciplinary team of professionals who are dedicated to supporting student's physical and emotional well-being. Team members meet with students who are just beginning to explore making changes in their use, who are ready to start making changes, or who are wanting to continue with changes they have already made. A primary purpose of the program is to provide a comprehensive assessment and give students open and honest feedback on their use. Students speak privately and confidentially with a licensed counselor specializing in substance abuse about their own or someone else's use of alcohol, tobacco and/or other drugs. Sessions are conducted in a caring, non-judgmental atmosphere. No referral is required, and follow-up sessions are available.

The Alcohol and Other Drug Counseling Program Coordinator has served in a leadership role in the UT Austin Wellness Network as a chair of the High-Risk Drinking Prevention Committee, which focuses on campus-wide primary prevention efforts. The program coordinator has also served in a leadership role in the UT Austin tobacco-free campus council as the individual who facilitates the university's cessation program for students.

### **Academic Course EDP 354L: Leadership in New Student Transitions**

#### *NEW STUDENT SERVICES*

Orientation advisors must complete Educational Psychology course EDP 354L Leadership in New Student Transitions, a three-credit hour, upper-division elective course that teaches core competencies around campus safety, alcohol use and abuse, and interpersonal violence among other topics. The course also provides facilitation training for peer-to-peer discussions with incoming students on alcohol awareness and the associated risks, campus and community resources, and university policies.

### **Campus Safety Program**

#### *NEW STUDENT SERVICES*

All new students at freshman and transfer orientation are required to participate in a campus safety program that addresses alcohol use and abuse among college students. The program is a collaborative effort with New Student Services, Voices Against Violence in the Counseling and Mental Health Center, Office of Health Promotion in the University Health Services and the UT Austin Police Department. The program is presented in a play format.

Immediately following the program, orientation advisors facilitate a group discussion concerning the program's content. These sessions provide students with the most updated statistical information regarding alcohol use among college students, address common myths and misconceptions regarding alcohol consumption, and review laws and university policies regarding alcohol and other drugs, as well as the dangers of high-risk behavior. New students are encouraged to ask questions and express their views on use of alcohol and other drugs.

Prior to and at the conclusion of orientation, students can view web-based and mobile guide app resources with campus, community and nationwide contact information: <https://orientation.utexas.edu/campus-safety>.

## **Safety Education Program**

### *OFFICE OF THE DEAN OF STUDENTS*

In order to continue to create a safer UT Austin community, and in accordance with Texas Education Code, Section 51.9361, the Office of the Dean of Students provides the Safety Education Program for more than 1,100 student organizations. Safety Education connects student organizations to risk management, prevention and emergency resources. To complete the program, the organization's president or primary contact attends an in-person leadership workshop, and then provides an educational presentation to their entire organizational membership. Information regarding alcohol and other drugs are covered in both the leadership workshop and organization training, specifically covering campus statistics and referral information. Registered and sponsored student organizations are required to complete Safety Education annually. However, every UT Austin community member is encouraged to use the resources and attend the workshop. All training materials and procedures have been developed and are annually updated by Program Safety Education Services staff.

## **Eating and Entertainment Bus (E-Bus)**

### *PARKING AND TRANSPORTATION SERVICES*

The E-Bus is a service provided by Capital Metro in conjunction with Parking and Transportation Services and the Austin Police Department. The E-Bus provides free shuttle rides to and from the university, the East Riverside area, and the downtown Austin entertainment district. The E-Bus operates every Thursday, Friday and Saturday nights during the long semesters while classes are in session.

## **Academic Course EDP 369K Sorority and Fraternity Leadership Issues**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

Fraternity and sorority members of organizations affiliated with Sorority and Fraternity Life are eligible to take a three-credit hour Educational Psychology course called EDP 369K Sorority and Fraternity Leadership Issues. This upper-division class is designed to facilitate the development of leaders within university fraternities and sororities. Through discussion and the shared experiences of class members, particular attention is given to the leadership challenges that exist in the university fraternity and sorority community. In addition to covering the broad concepts of leadership, the class focuses on skill development in some of the following areas: community building, risk prevention and management, and community service.

## **Family and Advisor Training Initiatives**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

The in-person training initiatives for families and advisors within the sorority and fraternity community address issues of alcohol, hazing and reporting of incidents. The training allows staff to discuss policy, practices and resources to create a healthier and safer sorority and fraternity community.

## **Ladder of Risk**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

Staff members are frequently asked to speak with organizations about party procedures and often discuss risk management and the Ladder of Risk procedures that the majority of Greek-letter organizations follow.

## **“The Perfect Party”**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

Sorority and Fraternity Life hosted “The Perfect Party” in the spring of 2018. At this event, organizations attended a mock party where all Ladder of Risk procedures, which Greek-letter organizations are expected to follow, were implemented. During the event, students were prompted to discuss their event management policies and procedures.

## **Sorority and Fraternity New Member Programming**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

Each fall, Sorority and Fraternity Life requires all new members of Greek-letter organizations affiliated with Sorority and Fraternity Life to attend New Member Orientation. This program challenges them to accept the responsibilities of sorority/fraternity membership, with special attention given to alcohol, drug, hazing and sexual assault issues.

## **AlcoholEdu**

### *OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

AlcoholEdu® is a 2.5 hour online module all incoming UT Austin students are required to complete. The program incorporates the latest evidence-based prevention methods to create a highly engaging user experience that inspires students to reflect on and consider changing their drinking habits in addition to providing strategies for staying safe while in college. The university transitioned to this module when The University of Texas System entered into a system-wide contract to offer a comprehensive array of online educational modules to UT System schools.

## **AlcoholEdu (Sanctions Module)**

### *OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

AlcoholEdu for Sanctions is designed specifically to help students who have violated campus alcohol policies to make safer and healthier choices and to avoid experiencing alcohol related problems again. The course provides a strong educational foundation to support campus judicial programs and is an essential component of a comprehensive alcohol prevention initiative. The course re-emphasizes the skills and topics important for this particular group of students to reconsider, such as standard drink measurements, factors affecting blood alcohol content and how to identify and respond to alcohol poisoning. The goals for this course are to help educate students to make different drinking choices and reduce their participation in behaviors that will lead to additional sanctions.

### **Brief Alcohol Screening and Intervention for College Students (BASICS) Program**

#### *OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

Listed on the United States Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Policies, the BASICS program uses motivational interviewing techniques to assist students with reducing alcohol-related harm. While most participants are mandated to take the class by Student Conduct and Academic Integrity in the Office of the Dean of Student and the Downtown Austin Community Court, no referral is necessary to participate.

BASICS is an opportunity for students to examine their drinking behavior and learn individualized strategies to reduce alcohol-related consequences that can negatively affect their personal and academic success at UT Austin.

BASICS consists of two sessions that each last an hour. The first session is conducted in a group or individual format between the student and a BASICS facilitator where the facilitator provides educational information about alcohol and its effects along with leading a discussion about perceptions of alcohol, motivations for drinking and negative consequences. After finishing the first session, students complete a brief survey that asks questions about drinking behaviors, perceptions of alcohol use on campus, strategies they currently use to reduce risk of alcohol-related harm and any negative effects of their alcohol use.

The second session is conducted in an individual format where the student receives his or her feedback report and the facilitator discusses the report with the student. Students learn how their drinking compares with other students on campus and collaborate with the facilitator to examine their relationship with alcohol and protective strategies that the student feels would be useful for reducing alcohol-related consequences. The facilitator uses motivational interviewing techniques to help students identify positive changes that reduce risk and fit within the context of the student's environment and personal goals.

### **Bruce the Bat**

#### *OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

Bruce the Bat (formerly the "Know Your Line" campaign) is an evidence-based prevention program that aims to reduce high-risk drinking among the UT Austin student population using social norms theory. Bruce the Bat, the mascot for the program, dispels myths about how often and how much UT Austin students drink, provides tips on how students who choose to drink can reduce their risk of negative consequences while doing so, and offers information to students on non-drinking activities and events in Austin.



## Healthyhorns Peer Educator Program

### OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES

Peer educators help their peers learn to make responsible choices about their health, including the use of alcohol and other drugs. Peer educators in the program can gain up to five hours of upper-division elective academic credit and complete at least 70 community service hours over three semesters. The program is open to all students, and students must commit to three academic semesters. Peer educators receive training about basic knowledge, bystander intervention strategies and campus policies and resources as they pertain to alcohol and other drugs. They also contribute to the development of campus-wide prevention initiatives.

Residence halls, First-year Interest Groups, academic classes, Greek organizations or any other student group or organization can request and receive free peer educator-led workshops on various topics related to the use of alcohol and other drugs.

## Healthyhorns Study Natural (Prescription Stimulant Misuse Prevention Initiative)

### OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES

The misuse of prescription stimulants or “study drugs” has increased among students at UT Austin in the last decade. Research indicates that students believe these drugs to be safe and often do not consider the behavior of buying, selling or sharing these prescription medications to be illegal or “wrong.” A comprehensive health promotion initiative to prevent this behavior includes a social marketing campaign that normalizes studying natural (without taking stimulants) and raises awareness about the negative side-effects of misusing prescription stimulants. A partnership with the Sanger Learning Center redirect students to study tips and services instead of stimulant misuse. Finally, in partnership with the Forty Acres Pharmacy, patients receiving prescriptions for stimulants are educated on how to protect their prescription and what to say if they are approached by other students to share their pills. Ongoing cross-sectional research study about misuse and abuse of prescription medications on campus informs ongoing campaign development and distribution.

## Marijuana 101

### OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES

Marijuana 101 provides in-depth, personalized feedback about a student’s attitudes, behaviors, and risk levels related to marijuana use. This third-party program is \$35 for users mandated by Student Conduct and Academic Integrity. Lessons provide an overview of marijuana’s effects on the body, the laws related to marijuana, and how to reduce or stop marijuana use. Other information includes the following:

- Regularity and patterns of marijuana use
- Amount of time spent smoking marijuana compared with other activities
- Time and money spent on marijuana
- A comparison between your use of marijuana and other UT Austin students’ marijuana use
- Negative consequence of marijuana use
- Readiness and confidence to make change
- Links to campus and community resources

The Marijuana 101 program will continue to be offered as a sanction option for adjudicated students.

## **Trainings by Health Promotion Professionals and Prevention Specialists**

*OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

Health promotion professionals are available to provide free lectures, workshops and trainings related to the use of alcohol and other drugs to academic classes, professional colleagues and student groups.

## **Athletics Exit Interviews**

*TEXAS ATHLETICS*

Texas Athletics administration conducts exit interviews of student-athletes. The exit interviews pertain to athletics, academics and social experiences at UT Austin. Information gathered allows Texas Athletics staff to remain current with alcohol and substance abuse issues and trends, and to develop educational programs and interventions as needed.

## **Athletics Risk Management and Compliance Services**

*TEXAS ATHLETICS*

Texas Athletics Risk Management and Compliance Services staff conduct regular educational meetings with all student-athletes regarding institutional, Big 12 and National Collegiate Athletic Association drug testing policies and procedures as well as the implications for positive tests. Other methods of timely education (e.g., student-athlete newsletters) are also provided throughout the year, which include example cases and current events involving student-athletes at other institutions.

## **Athletics Sports Medicine**

*TEXAS ATHLETICS*

Texas Athletics Sports Medicine staff members conduct regular educational meetings with all student-athletes regarding alcohol and substance abuse. These sessions include reviews of institutional, Big 12 and National Collegiate Athletic Association drug testing policies and procedures as well as the implications for positive tests. Other methods of timely education (e.g., pamphlets in common areas, video public service announcements, social media campaigns, etc.) are also provided throughout the year. Additionally, Texas Athletics has established and supports the Substance Use Prevention Program, a student-athlete peer-led initiative focused on providing education on harm reduction and substance use prevention. Departmental sports medicine personnel and nutritionists reinforce the need to check with staff on nutritional supplementation and food products before use.

## **Phanta “Jack” Phoummarath Endowed Scholarship**

*TEXAS EXES*

*OFFICE OF HEALTH PROMOTION IN UNIVERSITY HEALTH SERVICES*

*OFFICE OF THE DEAN OF STUDENTS*

The Phoummarath Scholarship is awarded annually by the Texas Exes, university's ex-students' association, to a

student who demonstrates interest in reducing high-risk drinking on campus. The scholarship was created in honor of Jack Phoummarath, a UT Austin student who passed away due to alcohol overdose as part of a fraternity hazing incident. The scholarship recipient must participate as an active member of the University Health Services' Healthyhorns Peer Educator program and the Office of the Dean of Students Safety Peer Educator program. The scholarship recipient must also create a project that helps prevent high-risk drinking among university students and promote Jack Phoummarath's story throughout campus.

## **Residence Life Educational Programming**

### *UNIVERSITY HOUSING AND DINING*

Residence Life staff focus programming in the residence halls on a variety of life skills, one of which is alcohol and another, drug awareness. Additionally, University Housing and Dining conducts large-scale, alternative programming designed for the entire campus to attend. Residence Life staff evaluate the content of alcohol- and drug-related programs as part of a comprehensive residential curriculum.

## **BeVocal: The Bystander Intervention Initiative of The University of Texas at Austin**

### *UT WELLNESS NETWORK*

BeVocal: The Bystander Intervention initiative of UT Austin is a university-wide initiative to promote the idea that individual longhorns have the power to prevent high risk behavior and harm. BeVocal aims to shift the culture of campus to one in which all community members recognize potential harm, overcome barriers, find motivation to choose to respond and, finally, take a situation-appropriate form of action.

## PROGRAM INVENTORY: INTERVENTION

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Strong efficacious interventions are included in the universities comprehensive approach to drugs and alcohol. These programs and services facilitate early detection and reduction of potential harm from alcohol and drug misuse and abuse. Following is a listing of intervention services.

### **Counseling and Mental Health Center Crisis Line**

The Counseling and Mental Health Center Crisis Line is a confidential service of the Center that offers an opportunity for UT Austin students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays. Students can call Crisis Line when they want, at their convenience. Telephone counselors will spend time addressing their immediate concerns and have specific training in responding to crisis situations.

### **Behavior Concerns Advice Line (BCAL)**

*OFFICE OF THE DEAN OF STUDENTS*

*COUNSELING AND MENTAL HEALTH CENTER*

*EMPLOYEE ASSISTANCE PROGRAM*

*UT AUSTIN POLICE DEPARTMENT*

BCAL is a resource, available 24 hours a day, seven days a week. The purpose of BCAL is to provide support, advice, and referrals to students, faculty, and staff with concerns regarding another campus member's behavior. As a preventive measure, BCAL has been used to intervene during student, faculty, and staff critical incidents. An individual can either call the line or report their concerns using the online submission form. These concerns can be addressed through information, consultation, resources and, if needed, intervention.

### **Veterans Integration to Academic Leadership (VITAL)**

*STUDENT VETERAN SERVICES IN THE OFFICE OF THE DEAN OF STUDENTS*

VITAL is a veteran-centered, results-oriented collaboration between the university, Central Texas Veteran Health Care System and other institutions of higher education in Central Texas.

For student veterans:

- Counseling for adjustment, stress, anger, depression, sleep problems, anxiety, post-traumatic stress disorder, and alcohol and drug dependence issues
- Referral to US Department of Veteran Affairs, university, and community mental health and recovery services
- Referral to and working with university disability services to request academic accommodations
- Support with university processes regarding academic actions and/or conduct issues
- Assistance with enrollment and care at local US Department of Veteran Affairs health care facilities
- Assistance obtaining resources from the US Department of Veteran Affairs and its affiliates

For faculty and staff:

- Education about veteran- and military-specific issues

- Training in military and veteran culture
- Consultation on veteran-specific issues that impact performance and retention

### **Employee Assistance Program**

#### *UT AUSTIN HUMAN RESOURCES*

The Employee Assistance Program at UT Austin serves to support the mental, emotional, physical well-being of faculty and staff and promote the organizational health and effectiveness of the university community. The program provides free short-term, confidential counseling consultations and referral services with an experienced staff of licensed psychologist and social workers to benefits-eligible individuals. In these sessions, counselors assess needs and develop a plan with the individual for addressing those needs. Staff provide educational programs focused on health and well-being which provide assistance in reducing high risk behaviors and creating alternative healthy habits. Staff also provide manager consultations and training that provide guidance to managers dealing with employees who may be distressed or disruptive in the workplace. This training focuses on teaching managers how to communicate about resources to distressed employees and set limits with employees whose behaviors are disruptive.

## PROGRAM INVENTORY: TREATMENT AND RECOVERY

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UT Austin offers robust services to support treatment and recovery from drug and alcohol abuse. Programs and services at the university have received state and national recognition and serve as a model for other institutions. Following is a listing of treatment and recovery services.

### **Counseling and Mental Health Center Walk-In Crisis Services**

Often issues related to high levels of alcohol use result in the need for mental health care that is timely and available without a prior appointment. Each day the center is open, a team of clinicians is available for students who require crisis and same day appointments. All care is coordinated with both inpatient and outpatient treatment recommendations.

### **Student Emergency Fund**

#### *STUDENT EMERGENCY SERVICES IN THE OFFICE OF THE DEAN OF STUDENTS*

Student Emergency Services facilitates the Student Emergency Fund. It is a means to help students facing financial emergencies that may include medical costs (e.g., treatment, therapy, health care, etc.) or other necessary, basic needs.

### **The Center for Students in Recovery**

The Center for Students in Recovery is recovery-focused only and aims to strengthen and enrich students' recovery from addiction to alcohol and/or other drugs through peer support, sober social activities, and service and volunteer opportunities. Students who are in recovery as well as those interested in experiencing, exploring and understanding recovery are welcome. The Center is not a treatment facility and does not offer clinical services. Students can be connected to recovery-related resources including safe and sober living, additional community support groups and inpatient or outpatient treatment. Participation in Center events and recovery supportive activities is free and available to students at any point in their recovery journey.

## PROGRAM INVENTORY: RESEARCH

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Research into the chemical and genetic causes of alcoholism and addiction is shifting the view of alcohol and drug dependence away from a strictly moral or social problem. With its strength in neuroscience and recent initiatives in molecular biology, UT Austin has become a national leader in this field through a wide range of academic approaches.

### **Addiction Research Institute**

The Addiction Research Institute in the Steve Hicks School of Social Work focuses on issues related to substance use disorder prevalence, treatment, and long-term healthy functioning free from addictions, particularly among under-served populations. The Institute's projects are based on a social work perspective, emphasizing factors at individual, family, organizational, societal and cultural levels that influence resilience and recovery.

### **Addiction Science Research and Education Center**

The Addiction Science Research and Education Center within the College of Pharmacy is a group of scientists at the university whose mission is to communicate the latest findings in addiction science to the public in terms that make the message easy to understand. The Center has operated a website where the links to other educational organizations and helpful information are accessible.

### **Evaluation of Recovery Support Services**

The Texas Department of State Health Services funds community organizations that help participants with substance-use disorders through provision of Recovery Support Services. The state agency has partnered with the Addiction Research Institute to create an automated reporting and evaluation system, and to provide technical assistance and training for community programs and recovery coaches.

### **Health Behavior Research and Training Institute**

The Health Behavior Research and Training Institute in the Steve Hicks School of Social Work specializes in the development and implementation of interventions addressing behavior change using the Transtheoretical Model and Motivational Interviewing. Intervention research has targeted the human immunodeficiency virus and safer sexual practices; behavior affecting prenatal health; use of alcohol, cocaine, and tobacco; sexually transmitted infection testing; and fetal alcohol spectrum disorder. The Institute has a history of providing training on the Transtheoretical Model, Motivational Interviewing and evidence-based intervention and prevention approaches, with recent emphasis on teaching health care providers to use brief motivational interventions in medical settings.

### **South Southwest Addiction Technology Transfer Center**

Affiliated with Addiction Research Institute, the South Southwest Addiction Technology Transfer Center provides workforce development and training services through subcontractors in a five-state service area: Texas, Louisiana, New Mexico, Oklahoma and Arkansas. The main objectives of the Center are to develop and maintain State and regional consortia across and among state agencies, educational institutions, and providers and consumers. UT Austin students are a small segment of the service population. The Center is located in the Steve Hicks School of Social Work.

### **The Texas Institute for Excellence in Mental Health**

The Texas Institute for Excellence in Mental Health in the Steve Hicks School of Social Work is a multidisciplinary collaboration focused on improving the social, emotional and behavioral health of Texans. The scope of the Institute's effort includes evidence-based practice implementation, workforce training and technical assistance, research and evaluation, policy and program development, and information dissemination.

### **Waggoner Center for Alcohol and Addiction Research**

The Waggoner Center aims to provide a better understanding of alcoholism and substance abuse, leading ultimately to effective early warning and treatment. At the Waggoner Center, university scientists are identifying interacting genes and the roles they play in alcohol and other chemical dependencies. Their interdisciplinary collaborations allow the development of new tools and research approaches not possible in any one laboratory. This work is complemented by research in related aspects of alcohol and other addictions in the Colleges of Natural Sciences, Liberal Arts, Pharmacy and the Dell Medical School. In the past two years, Waggoner Center investigators have published over 100 publications in prestigious scientific journals.

In February of 2017, the National Institutes of Health awarded the Integrative Neuroscience Initiative on Alcoholism-Neuroimmune (INIA-N) a five-year grant totaling \$29 million. The administrative headquarters and several of the projects in this international consortium are at The Waggoner Center, which receives approximately \$8.5 million of the total award. The goal of INIA-N is to identify the molecular, cellular, and behavioral neuroadaptations that occur in specific brain neurocircuitries that result in excessive alcohol consumption. The consortium links labs and scientists from across the US and Canada to combine novel genomic and systems-level analyses (e.g., live brain imaging and human laboratory studies) to identify better pharmaceutical treatments for alcohol use disorders.

Progress in alcohol and addiction research requires better education and focused training of future scientists. Members of the Waggoner Center are committed to this endeavor, developing up-to-date courses in addiction biology for undergraduate and graduate students. Additionally, the university has designated endowment funds to train graduate students in this research field. Finally, the Dell Medical School and the Waggoner Center have initiated plans to create a center of excellence in addiction neuroscience and clinical service that includes training physicians in addiction psychiatry.



## POLICY INVENTORY AND ENFORCEMENT PROCEDURES

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Federal and state laws and The Rules and Regulations of the Board of Regents of The University of Texas System require UT Austin to develop policies and enforce sanctions related to the abuse of alcohol and other drugs. These policies and sanctions are only one aspect of the university's initiative to develop a campus community in which alcohol and drugs do not impede the educational mission of the institution.

UT Austin consistently enforces disciplinary sanctions for violations of standards of conduct related to alcohol and drug use. Following is a listing of relevant regulatory programs and program policies:

### POLICY INVENTORY

#### **Big 12 Conference and National Collegiate Athletic Association (NCAA) Rules**

##### *TEXAS ATHLETICS*

In addition to any criminal penalties that may be involved, emphasis on punitive aspects of problems in this area comes from university regulations and NCAA and Big 12 Conference rules. The university and the Big 12 Conference perform mandatory random drug tests on university student-athletes. The NCAA and various other athletic federations also are involved in this type of testing. Student-athletes who test positive for banned substances in a university-administered test are subject to counseling and other university-imposed sanctions. Student-athletes who test positive for banned substances (other than marijuana) on an NCAA- or Big 12-administered test are suspended from intercollegiate sports for one year. Positive first tests for marijuana on NCAA tests result in a suspension for 50 percent of a season, with a subsequent positive test resulting in a full- calendar-year suspension. Student-athletes are required to acknowledge and consent to Big 12 and NCAA drug testing policies and procedures annually as a requirement of participation in intercollegiate athletics.

#### **Dry Recruitment Policy**

##### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

The Interfraternity Council adopted a "dry recruitment policy" for all fraternities at the university. This means that no alcohol is to be used or present during any recruitment function whether it is one-on-one or in a large group. Likewise, the University Panhellenic Council adheres to the National Panhellenic Council Unanimous Agreement that prohibits alcohol involvement with any sorority recruitment function

#### **Institutional Drug Testing, Student-Athlete Manual**

##### *TEXAS ATHLETICS – INTERCOLLEGIATE MEN'S ATHLETICS/INTERCOLLEGIATE WOMEN'S ATHLETICS*

Student-athletes are required to acknowledge and consent to institutional drug testing policies and procedures annually as a requirement of participation in intercollegiate athletics. Texas Athletics conducts a required orientation for all incoming student-athletes annually, during which the Student-Athlete Manual is reviewed and distributed. The manual includes content regarding drug education, the drug-testing program, banned substances lists, and implications for positive tests. The manual is also referenced in required annual forms acknowledging various student-athlete policies (e.g., code of conduct). Texas Athletics ensures compliance with policy enforcement via a separation

of duties and various checks and balances in monitoring and enforcement. Texas Athletics will continue to evaluate and clarify the current policies regarding consistent enforcement of sanctions.

### **Residence Hall Institutional Rules on Student Services and Activities**

*OFFICE OF THE DEAN OF STUDENTS, UNIVERSITY HOUSING AND DINING*

The Office of the Dean of Students delegates disposition of residence hall violations to University Housing and Dining under Section 11-201, Appendix C, Institutional Rules on Student Services and Activities. All departmental and university regulations concerning residence hall living are within the jurisdiction of housing staff members. Residence hall policies are outlined for students in the Residence Hall Manual, which they acknowledge when signing their housing contract. All other violations, including residence hall violations by students who live off campus, are referred to the Office of the Dean of Students.

### **Residence Hall Student Discipline – Drug-related Cases**

*OFFICE OF THE DEAN OF STUDENTS, UNIVERSITY HOUSING AND DINING*

While student discipline is handled internally in University Housing and Dining, there are several types of cases that are automatically referred to the Office of the Dean of Students. These case types include all drug-related cases, as outlined in the Institutional Rules, and any activities that endanger the health and safety of residents.” University Housing and Dining staff members assist in gathering information for these cases, where appropriate. Discipline in University Housing and Dining is based on a model of educational responsibility. Policies are written in the interest of basic standards of conduct in the community, and on resident safety and student development. Educational sanctions are applied to violations of policy to assist students in their development and recognition of their behavior’s impact on the community, and to help them understand the policies and why they exist. It is not a system designed to punish residents.

### **Student Amnesty for Alcohol and Other Drug Emergencies**

*STUDENT CONDUCT AND ACADEMIC INTEGRITY IN THE OFFICE OF THE DEAN OF STUDENTS, UNIVERSITY HEALTH SERVICES*

Student Amnesty for Alcohol and Other Drug Emergencies applies to current UT Austin students and allows them to avoid formal university disciplinary action or the creation of a formal disciplinary record when they call 911 for help with an alcohol medical emergency. Student Amnesty for Alcohol Emergencies applies in the case of the following: possession of alcohol by a minor, unauthorized possession or use of alcohol on campus, consumption of alcohol by a minor and intoxication as a result of using alcohol. Amnesty may be granted to the UT Austin student(s) calling for help, as well as the student who is experiencing the medical emergency. Student Conduct and Academic Integrity deems students appropriate for amnesty when they are referred for alcohol-related incidents. There are limitations to this program and inclusion in the program is not automatic.

### **Student Conduct Process**

*STUDENT CONDUCT AND ACADEMIC INTEGRITY IN THE OFFICE OF THE DEAN OF STUDENTS*

Student Conduct and Academic Integrity routinely receives reports of alleged violations of university rules from campus offices (e.g., UT Austin Police Department, University Housing and Dining, Parking and Transportation Services, Information Technology Services, etc.), as well as individual faculty members and students. In response to such a report, the unit generally schedules a meeting with the student to discuss the suspected violation(s). Assessed sanctions vary with the circumstances, including the nature of the violation(s). Sanctions can include, but are not limited to the following: written warning, disciplinary probation, alcohol and other drug education programs, suspension of rights/privileges, restitution, community service, counseling, grade-related sanctions (only in cases of academic dishonesty), bar against readmission, deferred suspension, suspension or expulsion.

## **The Student Organization Event Planning Guide and Event Planning Consultation Protocol**

### *STUDENT ACTIVITIES IN THE OFFICE OF THE DEAN OF STUDENTS*

The Student Organization Event Planning Guide serves as a tool for Student Activities staff, enabling them to more effectively advise student organizations regarding risk management and university policies. While event pre-planning is required only for events on campus, student organization are also encouraged to utilize these resources for off-campus events, where the potential for high-risk behavior may be much greater. The Student Organization Event Planning Guide prompts conversation on a number of safety topics including fire, alcohol, and food safety and provides references for further explanation of these topics.

## **University Panhellenic Council Bylaws**

### *SORORITY AND FRATERNITY LIFE IN THE OFFICE OF THE DEAN OF STUDENTS*

The University Panhellenic Council approved and updated its bylaws regarding the Council's Social Affairs Guidelines, which include Community Alcohol Education Standards and Rules Regarding Events.

## **University Unions Social Events**

University Unions requires that university police be present for all parties or social events held in the Texas Union or Student Activity Center at which alcohol is served. After reviewing a reservation request, University Unions has the right to require additional security officers for any event. The Security Request Form (available online) includes an item to indicate whether alcohol is being served at the event. Registered Student Organizations may not serve alcohol at their events.

## **ENFORCEMENT PROCEDURES**

### **University Standards of Conduct**

*SERIES 50101, SECTION 2.1 OF THE RULES AND REGULATIONS OF THE BOARD OF REGENTS OF THE UNIVERSITY OF TEXAS SYSTEM* provides that all students are expected and required to obey federal, State, and local laws; to comply with the Regents' Rules and Regulations, with The University of Texas System ("UT System") and institutional rules and regulations, and directives issued by administrative officials of UT System or UT System institution in the course of their authorized duties; and to observe standards of conduct appropriate for an academic institution. A student's failure to do so may result in disciplinary action instituted against the student, regardless of whether such conduct occurs on or off campus or whether civil or criminal penalties are also imposed for such conduct.

*SERIES 50101, SECTION 2.2 OF THE RULES AND REGULATIONS OF THE BOARD OF REGENTS OF THE UNIVERSITY OF TEXAS SYSTEM* provides that each institution shall adopt rules and regulations concerning student conduct and discipline. Such rules shall be in accordance with a model policy developed by the Office of General Counsel that complies with state and federal law, Regents' Rules, and UT System policies. Institutional rules shall become effective upon review and approval by the Executive Vice Chancellor for Academic Affairs, as appropriate, and by the Vice Chancellor and General Counsel. Each student is deemed to have notice of the provisions of the Regents' Rules and Regulations and institutional policies.

*CHAPTER 11. STUDENT DISCIPLINE AND CONDUCT* of the Institutional Rules indicates that the Dean of Students may initiate disciplinary proceedings under *SUBCHAPTER 11-404* against a student who, among other items, (1) engages in conduct that violates any provision of federal, state or local law, whether or not the violation occurs on university property or in connection with any university-oriented activity; (2) engages in unauthorized use or possession of alcoholic beverages in a University classroom building, laboratory, auditorium, library, museum, faculty or administrative office, intercollegiate or intramural athletic facility, residence hall, or any other campus area (see *REGENTS' RULES AND REGULATIONS. RULE 80102* for more information); or engages in the improper use, possession, sale or consumption of alcoholic beverages, including but not limited to underage possession of alcohol, underage consumption of alcohol, providing alcohol to a minor, public intoxication, minor driving under the influence of alcohol, driving while intoxicated; or (3) engages in illegal use, possession, or sale of a drug or narcotic or possession of drug paraphernalia. The UT Austin Police Department enforces both Texas underage drinking laws as well as both state and federal drug laws.

In the case of university employees, bringing intoxicants or drugs onto university premises, using intoxicants or drugs, having intoxicants or drugs in one's possession or being under the influence of intoxicants or drugs at any time while on university premises constitutes misconduct under Section 5-2420 of the University's Handbook of Operating Procedures. The unlawful use, possession, or distribution of drugs or alcohol by an employee is prohibited by the *UNIVERSITY OF TEXAS SYSTEM'S DRUG AND ALCOHOL POLICY*. In addition, employees of UT Austin are subject to *SECTION 8-1030* of the Handbook of Operating Procedures.

## Sanctions under University Rules and Regulations

### STUDENTS

Students caught or suspected of possessing, using, and/or distributing drugs prohibited by state, federal or local law will be subject to university discipline, including imposition of a written warning, disciplinary probation, suspension, financial responsibility for damage to or misappropriation of university property, educational sanctions including permanent expulsion, and such other sanctions deemed appropriate.

### EMPLOYEES

The unlawful use, possession, and/or distribution of drugs or alcohol, or engaging in conduct prohibited by university policy regarding the manufacture, sale, possession, distribution, or use of alcohol or illegal drugs will result in disciplinary probation, demotion, suspension without pay, or termination.

## Penalties under State of Texas Law

*MANUFACTURE OF DELIVERY OF CONTROLLED SUBSTANCES (DRUGS)*. The minimum penalty is confinement in jail for a term of not more than two years or less than 180 days, and a fine not to exceed \$10,000. The maximum penalty is confinement in Texas Department of Corrections ("TDC") for life or for a term of not more than 99 years nor less than fifteen years, and a fine not to exceed \$250,000.

**POSSESSION OF CONTROLLED SUBSTANCES (DRUGS).** The minimum penalty is confinement in jail for a term of not more than two years or less than 180 days, and a fine not to exceed \$10,000. The maximum penalty is confinement in TDC for life or for a term of not more than 99 years nor less than fifteen years, and a fine not to exceed \$250,000.

**DELIVERY OF MARIJUANA.** The minimum penalty is confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000, or both. The maximum penalty is imprisonment for life or for a term of not more than 99 nor less than ten years, and a fine not to exceed \$100,000.

**POSSESSION OF MARIJUANA.** The minimum penalty is confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000, or both. The maximum penalty is confinement in TDC for life or for a term of not more than 99 nor less than five years, and a fine not to exceed \$250,000.

**DRIVING WHILE INTOXICATED (INCLUDES INTOXICATION FROM ALCOHOL, DRUGS, OR BOTH).** The minimum penalty is confinement in jail for a term of not more than 180 days nor less than 72 hours, and a fine of not more than \$2,000. The maximum penalty is imprisonment for a term of not more than ten years nor less than two years, and a fine not to exceed \$10,000.

**PUBLIC INTOXICATION.** The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with age and number of offenses.

**PURCHASE OF ALCOHOL BY A MINOR.** The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with age and number of offenses.

**CONSUMPTION OR POSSESSION OF ALCOHOL BY A MINOR.** The minimum penalty is a fine not to exceed \$500. The maximum penalty varies with number of offenses.

**PURCHASING FOR OR FURNISHING OF ALCOHOL TO A MINOR.** The minimum penalty is a fine not to exceed \$4,000 or confinement in jail for a term not to exceed one year, or both. The maximum penalty is a fine not to exceed \$4,000 or confinement in jail for a term not to exceed one year, or both.

The penalties described above are based on applicable State of Texas statutes and are subject to change at any time by the Texas Legislature and the Governor of Texas. Please refer to the applicable State of Texas statute for additional information.

### **Penalties under Federal Law**

**MANUFACTURE, DISTRIBUTION, OR DISPENSING OF DRUGS (INCLUDING MARIJUANA).** The minimum penalty is a term of imprisonment for up to three years and a fine of \$250,000, or both. The maximum penalty is a term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 for an individual or \$20,000,000 (if other than an individual).

**POSSESSION OF DRUGS (INCLUDING MARIJUANA).** The minimum penalty is imprisonment for up to one year and a fine of not less than \$1,000, or both. The maximum penalty is imprisonment for not more than 20 years nor less than five years and a fine of not less than \$5,000 plus costs of investigation & prosecution.

**DISTRIBUTION OF DRUGS TO A PERSON UNDER 21 YEARS OF AGE.** The minimum penalty is double the federal penalty for distribution of drugs. The maximum penalty is triple the federal penalty for distribution of drugs.

The federal penalties described above are based on applicable federal statutes and are subject to change at any

time by the US Congress and the President of the United States. There are additional factors in the federal sentencing guidelines, including various enhancement provisions for prior offenses. **TITLE 21 U.S.C. SECTION 860** provides that the federal statutory penalties double (and in some cases triple) when a controlled substance is distributed (or even possessed with intent to distribute) within 1,000 feet of a school or a public university. Please refer to the applicable federal statute for additional information.

## OTHER REFERENCE INFORMATION

### Texas State Government Code

- Alcoholic Beverage Code: Title 4. Regulatory and Penal Provisions – Chapter 101. General Criminal Provisions
- Alcoholic Beverage Code: Title 4. Regulatory and Penal Provisions – Chapter 106. Provisions Relating to Age
- Government Code – Title 10. General Government – Subtitle C. State Accounting, Fiscal Management, and Productivity – Chapter 2113. Use of Appropriated Money – Subchapter A. General Provisions
- Health & Safety Code: Title 2. Health – Subtitle H. Public Health Provisions – Chapter 161. Public Health Provisions
- Health & Safety Code: Title 6. Food, Drugs, Alcohol, and Hazardous Substances – Subtitle C. Substance Abuse Regulation and Crimes – Chapter 481. Texas Controlled Substances Act

### The Rules and Regulations of The University of Texas System Board of Regents

- Series 30601 – Discipline and Dismissal of Classified Employees
- Series 50101 – Student Conduct and Discipline
- Series 80102 – Alcoholic Beverages Series 80111 – Smoke Free or Tobacco Free Policies
- UTS102 – Drugs and Alcohol Policy

### UT Austin Handbook of Operating Procedures

- Section 5-2420 – Policies and Procedures for Discipline and Dismissal and Grievances of Employees
- Section 8-1030 – Manufacture, Sale, Possession, Distribution, or Use of Alcohol and Illegal Drugs

### Institutional Rules on Student Services and Activities, General Information Catalog, Chapter 11. Student Discipline and Conduct

### University Housing and Dining Policies

- 2018-2019 Residence Hall Manual
- UHD Residential Education Model (STEER) - Strategies That Engage and Educate Residents

### 34 Code of Federal Regulations (CFR) – Part 86 – Drug and Alcohol Abuse Prevention

- Federal Regulations

- Compliance Checklist

### **2018-19 NCAA Division I Manual**

- Article 10 – Ethical Conduct
- Article 11 – Conduct and Employment of Athletics Personnel
- Article 12 – Amateurism and Athletics Eligibility (Bylaw 12.7.3 – Drug-Testing Consent Form)
- Article 18 – Championships and Postseason Football (Bylaw 18.4.1.4 – Ineligibility for Use of Banned Drugs)
- Article 31 – Executive Regulations (Bylaw 31.2.3 – Ineligibility for Use of Banned Drugs)

## ALCOHOL AND DRUG SANCTION REPORTING

As amended in the Higher Education Opportunities Act of 2008, the 2018 Biennial Review contains a list of all documented alcohol and drug cases adjudicated at the institution. Student Conduct and Academic Integrity is a unit within the Office of the Dean of Students and administers the university's student disciplinary process. The office adopts a "risk management strategy" in dealing with alcohol and drug violations. Students found in violation of the university's rules pertaining to alcohol and drugs may be assessed a variety of sanctions and are often referred to the Health Promotion Resource Center and the Counseling and Mental Health Center as part of the disciplinary referral process.

During the 2016-2017 academic year, there were a total of 170 alcohol and 101 drug violations. During the 2017-2018 academic year, there were a total of 131 alcohol and 66 drug violations. The following tables illustrate the totals for alcohol and drug violations and the sanctions that were assessed. Please note that some students may have been found responsible for both alcohol and drug violations in the same incident, which would be reflected in both tables for the respective academic year.

2016-2017 ALCOHOL VIOLATIONS = 170	
Sanction	Total Assessed
Written Warning	1
Disciplinary Probation	110
Deferred Suspension	6
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	142
Community Service	1
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	2
Reflection Paper	31
Restitution	0
Suspension of Privileges	0
Other	1

2017-2018 ALCOHOL VIOLATIONS = 131	
Sanction	Total Assessed
Written Warning	0
Disciplinary Probation	78
Deferred Suspension	10
Suspension	3
Expulsion	0
Alcohol & Drug Education or Counseling	108
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	1
Psychological Counseling or Assessment	
Reflection Paper	27
Restitution	0
Suspension of Privileges	0
Other	1



2016-2017 DRUG VIOLATIONS = 101	
2016-2017 ALCOHOL VIOLATIONS = 170	Total Assessed
Sanction	Total Assessed
Written Warning	1
Disciplinary Probation	110
Deferred Suspension	6
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	142
Community Service	1
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	2
Reflection Paper	31
Restitution	0
Suspension of Privileges	0
Other	1

2017-2018 DRUG VIOLATIONS = 66	
Sanction	Total Assessed
Written Warning	0
Disciplinary Probation	7
Deferred Suspension	44
Suspension	5
Expulsion	0
Alcohol & Drug Education or Counseling	37
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	2
Reflection Paper	9
Restitution	0
Suspension of Privileges	2
Other	1

NOTE: For both the 2016-2017 and 2017-2018 academic years, some students had concurrent alcohol and drug violations or multiple alcohol and drug violations in a short period of time that were resolved together. Additionally, some students may receive a combination of sanctions (i.e., a period of suspension followed by a period of disciplinary probation). Therefore, the totals for sanctions may not match the total number of violations.

# PROCEDURES FOR WRITTEN ALCOHOL AND OTHER DRUG INFORMATION AND POLICIES DISTRIBUTED TO STUDENTS AND EMPLOYEES

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## A DRUG-FREE UNIVERSITY

In compliance with the Drug-Free Schools and Communities Act, UT Austin publishes information regarding the university's educational programs related to drug and alcohol abuse prevention; sanctions for violations of federal, state, and local laws and university policy; a description of health risks associated with alcohol and other drug use; and a description of available treatment programs for UT Austin students and employees.

The university provides information for students and employees each fall regarding illicit drug and alcohol abuse, including standards of conduct, health risks, state and federal penalties, and available drug or alcohol counseling and rehabilitation services.

## RECOMMENDATIONS

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A foundational goal of UT Austin is to provide programs, facilities and services that foster a culture of health, wellness and safety among the campus community. This goal clearly aligns with the central purpose of the Drug-Free Schools and Campuses Regulations.

However, UT Austin is actively engaged in this effort, as evidenced by our substantial program and policy inventories, there currently exists no unified or central agency that directs or oversees the successes of the university in meeting its alcohol and other drug-related goals. Therefore, the recommendation is that university create a committee or task force responsible for developing a strategic plan regarding its efforts to support the health safety, and success of its students, specifically focusing on alcohol and other drug-related activity among the campus community.

This committee would consist of members from key UT Austin organizations, such as leaders from University Health Services, Counseling and Mental Health Center, The Center for Students in Recovery, Student Government and Student Conduct and Academic Integrity in the Office of the Dean of Students. Together, they would be responsible for developing alcohol and other drug-related goals and objectives, monitoring campus-wide efforts to continuously approve, and documenting the overall success of the university in meeting its goals.

It is also recommended that the university strengthen its ability to assess the various alcohol and other drug programs on campus. As part of our review, we found that our institution does not have a consistent way of assessing the effect of these programs on the overall health and safety of the campus community. This suggests that departments and units may need additional support in developing assessment plans that complement our efforts in providing alcohol and other drug-related programming.

To this end, we should invest effort in standardizing assessment practices that facilitates cross-campus collaborations and longitudinal studies. The establishment of a committee that oversees the university's alcohol and other drug-related programs would be more effectively able to centralize data, align efforts, and maintain accountability across campus for not only implementing crucial programming, but its assessment as well.