



TEXAS

The University of Texas at Austin

# Drug-Free Schools and Communities Act

2022 Biennial Review

# Table of Contents

<b>Executive Summary</b>	
<b>Introduction to The University of Texas at Austin</b>	<b>1</b>
<b>Core Purpose and Mission</b>	<b>2</b>
<b>Institutional</b>	<b>2</b>
<b>Departmental</b>	<b>4</b>
<b>Objectives of the Biennial Review</b>	<b>6</b>
<b>College Students: Alcohol and Drug Use and Misuse</b>	<b>7</b>
<b>Health Risks of Alcohol and Drugs</b>	<b>9</b>
<b>Program Inventory</b>	<b>14</b>
<b>Prevention and Education</b>	<b>14</b>
<b>Intervention</b>	<b>22</b>
<b>Treatment and Recovery</b>	<b>24</b>
<b>Research</b>	<b>25</b>
<b>Policy Inventory and Enforcement Procedures</b>	<b>28</b>
<b>Alcohol and Drug Sanction Reporting</b>	<b>34</b>
<b>Procedures for Written Alcohol and Other Drug Information and Policies Distributed to Students and Employees</b>	<b>38</b>
<b>Program Effectiveness</b>	<b>39</b>
<b>Conclusions</b>	<b>50</b>
<b>Recommendations</b>	<b>51</b>
<b>Acknowledgements</b>	<b>52</b>

## EXECUTIVE SUMMARY

The University of Texas at Austin 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 (AOD). UT Austin endeavors to provide the necessary resources for the fair enforcement of all relevant rules and regulations, education about the effects of alcohol and other drugs, and recovery and support for all those negatively affected by alcohol and other drugs. 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. Campus notification of the Drug-Free Schools and Communities Act Biennial Review Notice is sent to students via e-mail from the Vice President for Student Affairs Office, and to faculty and staff via e-mail from Human Resources.

The 2022 Biennial Review is a summary of programs, policies and services for the 2020-2021 and 2021-2022 academic years. Documentation in the report is a compilation of 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 based on their roles within the university community as their programs are central to the 2022 Biennial Review.

Significant findings of the 2022 Biennial Review are summarized below:

1. During the 2020-2021 academic year, there were a total of 105 alcohol and 14 drug violations. During the 2021-2022 academic year, there were a total of 145 alcohol and 12 drug violations.
2. Nearly 84% of UT Austin AOD programs conduct assessments using a variety of assessment methods, including quantitative, qualitative and mixed methods. Only 16% of AOD program assessments were unspecified.
3. 91% of programs were reported as either very effective or somewhat effective. Fewer than 9% described their programs as neither effective nor ineffective.
4. 40% of respondents felt that their programs should continue unchanged, while 47% of respondents indicated that their programs could be increased or improved.
5. Respondents indicated the top two areas of program excellence at the university were: SHIFT- UT Austin initiative and providing information to students.
6. Respondents indicated that two areas most in need of growth for the university were: increase education, prevention, and peer support opportunities; and increase collaboration and expand community engagement.

In line with the 2022 Biennial Review and Drug-Free Schools and Campuses Regulations and feedback from the 2022 Biennial Review Advisory Group, the recommendations were:

1. Create a task force charged with developing a strategic plan that results in centralizing data, effectively aligning efforts, maintaining accountability, and overseeing the implementation and assessment of crucial programming related to AOD. The task force was given eight specific tasks and responsibilities in conducting the 2022 Biennial Review.
2. Enhance efforts to demonstrate consistency with the use of sanctions across the campus and student populations by showing enforcement either through a holistic, equitable approach or a standard system.
3. Develop a comprehensive public health approach to AOD-related programming that integrates diversity, equity and inclusion to meet the needs of the university's diverse populations of students, faculty and staff.
4. Create an online data collection tool that is collected regularly and tracks the status and progress of AOD-related programming and services.

## INTRODUCTION TO THE UNIVERSITY OF TEXAS AT AUSTIN

---

The University of Texas at Austin ranks among the 38 best universities in the world and 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. As Texas' leading research university, The University of Texas attracts more than \$650 million annually for discovery and development.

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 a diverse population of more than 52,000 students from across the United States and over 100 countries, and has over 24,000 faculty and staff. The university has nearly 1,000 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 a productive and successful university experience and minimize substance misuse. Departments, including academic, nonacademic, research, administrative, athletic and student affairs, are 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, providing many paths for student growth and myriad opportunities to make a difference.

## CORE PURPOSE AND MISSION: INSTITUTIONAL

---

### 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 from the baccalaureate through doctoral and special professional levels.

The university contributes to the advancement of society through research, creative activity, scholarly inquiry and the development and dissemination of new knowledge, including the commercialization of university discoveries. The university preserves and promotes the arts, benefits the state's economy, serves the citizens through public programs and provides other public service.

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, education about the effects of alcohol and other drugs, and recovery and support for all those negatively affected by alcohol and other drugs.

---

### 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.”

### University Diversity Statement

As The University of Texas at Austin prepares future leaders, it is committed to providing equitable access and inclusion in all our activities and to creating an inclusive environment of teaching, research and service in which all can learn from each other.

As an institution with a history of denying equitable access to qualified students, staff and faculty, The University of Texas at Austin affirms its responsibility to create an environment in which all of its members are respected, equitably included, and afforded equal opportunities for education, employment, advancement, compensation, recognition and satisfaction.

The university is dedicated to attracting highly qualified students, faculty, and staff of all races, ethnicities, peoples, nationalities, religious backgrounds, sexual orientations, ages, gender identities and expressions, disabilities, and health histories, as well as marital, parental, veteran, citizenship or socioeconomic status. The university also welcomes a wide range of ideas and viewpoints.

The University of Texas wholeheartedly believes that students are better prepared to succeed in an increasingly diverse state and interconnected society when they receive the many educational benefits of a diverse learning environment.

## CORE PURPOSE AND MISSION: DEPARTMENTAL

---

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:

**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, recovery meetings, service and volunteer opportunities on campus and in the community, scholarships, peer and professional support, and academic advocacy.

**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 are also available to parents, faculty and staff.

**Longhorn Wellness Center** is a unit within the Counseling and Mental Health Center and University Health Services that supports UT Austin students' well-being by addressing priority campus health issues through an evidence-based, public health approach. One of its functions is to provide accurate and effective alcohol and drug prevention and education. The unit provides comprehensive programs and initiatives to help UT Austin students make informed choices that can help them be successful and well while they are students and beyond. In addition to programs that directly address substance use and misuse, the Longhorn Wellness Center addresses many topics around mental and physical well-being that intersect with AOD related work.

**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. Through individualized consultation, the unit provides assistance, intervention, and referrals to support students navigating challenging or unexpected issues that impact their well-being and academic success.

**Veteran and Military Affiliated 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 and military affiliated students with the tools they need to achieve their highest personal and academic potential. VMAS works closely with other departments on campus and various community partners in order to connect veterans and military affiliated students with appropriate health, mental health, and substance abuse resources.

**SHIFT** is an initiative at The University of Texas at Austin that aims to ‘shift’ the campus culture of substance use from one of default misuse to one centered on holistic well-being by enlisting the entire community to make a difference; creating a culture of healthy community, connections and coping skills; while ultimately reducing substance misuse and its harms. Leveraging existing programs while further innovating ways to promote health and wellness are at the core of SHIFT’s mission to cultivate a culture of care at UT. SHIFT engages students, faculty, staff, and the entire UT community in meaningful dialogue to create a new narrative about college life. SHIFT hopes to cultivate a more mindful student as it relates to their decisions around substance use, and create an environment that is more inclusive to all students, whether they use alcohol and/or other drugs or choose to abstain.

**Texas Athletics** is committed to aligning its vision, core purpose and values with those of the university, as stated in the university’s Intercollegiate Athletics Strategic Plan. Specifically, the core purpose of Texas Athletics is “to prepare students to succeed with integrity—in academics, in athletics and in life.”

**University Health Services**, a fully accredited ambulatory healthcare facility, supports students in achieving their academic and personal potential by providing a broad scope of primary care and preventive medical services and public health leadership.

**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 belief that effective social interaction can occur without the presence of alcohol and drugs, and to educate students regarding 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. Its Substance Use Safety Committee works to reduce high-risk drinking through research, campus and community partnerships, and recommending strategies and policy changes.



## OBJECTIVES OF THE BIENNIAL REVIEW

---

The University of Texas at Austin is committed to maintaining a drug and alcohol prevention program for its students and employees. 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 based on their roles within the university community as their programs are central to 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 Vice President for Student Affairs Office.

The 2022 Biennial Review is a summary of programs, policies and services for the 2020-2021 and 2021-2022 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 offered on the university campus.
4. Identification of resources and intervention assistance available to the campus community.
5. Review of the university's alcohol- and drug-related policies, procedures, programming and intervention methods.
6. Presentation of reported programming effectiveness and plans for improvement.
7. Recommendations for improving alcohol- and drug- related policies, procedures, programs and overall coordination.

## COLLEGE STUDENTS: ALCOHOL AND DRUGS USE AND MISUSE

---

Widespread drinking patterns and other drug misuse endemic to college students are well documented (SAMSHA, 2009). Drinking has become a ritual that students often see as an integral part of their higher education experience. The National Institute on Alcohol, Abuse, and Alcoholism (NIAAA) reported that four of five college students drink alcohol. According to a national survey, nearly 53 percent of full-time college students ages 18-22 drank alcohol in the past month, and about 33 percent engaged in binge drinking during the same time. Findings from the 2018 National Survey on Drug Use and Health (NSDUH), revealed that 54.9% of full-time college students ages 18-22 drank alcohol in the past month, and of those students, 10% engaged in heavy alcohol use (binge drinking five or more times in the past month) (NIAAA, 2018). Specifically, 32.4% of college students reported they had engaged in binge drinking in the past two weeks. In addition, 40.8% of college students reported they had been intoxicated in the past month.

Harmful and underage college drinking are significant public health problems that can have enormous and deleterious effects on the intellectual and social lives of students on campuses across the United States (NIAAA, 2022). Consequences of harmful and underage college drinking and misuse are increasingly prevalent, including reported incidences of death, assault, sexual assault, academic problems, Alcohol Use Disorder (AUD), and other consequences. With increased alcohol use and misuse are rising cases of suicide attempts, health problems, injuries, unsafe sexual behavior, and driving under the influence of alcohol, as well as vandalism, damage, and involvement with the police (NIAAA, 2022). It is not uncommon for college students to experiment with different substances during their days in college. However, substance misuse and abuse can lead to addiction and also have other consequences if students are not aware of the risks and dangers of such behaviors.

The National Institute on Drug Abuse (2016) surveyed college students about their drug use and found that 4.9% of college students used marijuana/cannabis daily, compared to 2.8% in 1996. Besides marijuana/cannabis use, many other drugs are at the forefront of college student drug use and misuse. For example, college students' substance misuse shows that the use of stimulants is high.

The National Center for Health Research (2016) reports that of the tens of thousands of students prescribed stimulants, over half of them are pressured to share their pills with peers. Adderall and Ritalin, for example, have become well-known stimulants for college students; 9.9% of college students reported use of Adderall, compared to 6.2% of their non-college peers. Adderall addiction is now a common concern among college students. In one study of 1,300 college students, 25% admitted to using stimulants to help them study, yet only 9% of them were prescribed stimulants by a physician or psychiatrist. Many students admitted getting or buying the drugs from another student. Also, these drugs are not always used for studying. Because they are amphetamines, some students use them to lose weight or to have more energy. Some mix them with alcohol and other drugs for more of a "high." Students surveyed reported that 16% of college-age students had used pain pills that were not prescribed to them. This percentage increased to 23% among college athletes. One-third of those surveyed stated that prescription pain pills were "easy" to find; 49.5% reported that they could get prescription pain pills that they had not been prescribed within 24 hours.

The data show that college is a time for increased risk for substance abuse and the consequences are glaring. Consequences of substance use, abuse and addiction among college students include alcohol-related deaths/injuries, arrests, unplanned sex, sexual violence, fights, poorer health and academic problems. The 2018 NSDUH revealed the following: 1,825 college students between the ages of 18 and 24 died from alcohol-related unintentional injuries, including motor-vehicle crashes; 696,000 were assaulted by another student who had been drinking; 97,000 students reported experiencing alcohol-related sexual assault or date rape. Approximately 20% of college students meet the criteria for Alcohol Use Disorder (AUD). About 1 in 4 college students report academic consequences from drinking and substance use, including missing class, falling behind in class, doing poorly on exams and papers, and receiving lower grades overall (NSDUH, NIAAA 2018).

Alcohol and drug prevention programs, as well as collegiate recovery programs, are being established on university campuses to increase awareness and to help college students overcome substance use and misuse, abuse problems and continue their studies. Many college students, however, fail to seek help because of social stigma. Only 6% of college students meeting alcohol and other drugs disorder criteria seek help compared to 10% in general populations (Bell et al., 2009). Alcohol and other drug programming and intervention methods may reduce alcohol and drug use, misuse and subsequent abuse among college students, and improve their academic outcomes and success.

*Sources: The National Institute on Alcohol Abuse and Alcoholism (2018, 2022), National Center for Health Research (2016), National Institute on Drug Abuse (2016), National Survey on Drug Use and Health (2018)), Substance Abuse and Mental Health Services Administration (2009, 2020)*

## HEALTH RISKS OF DRUGS AND ALCOHOL

---

### *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% 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 is 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, 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 is 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, 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 insolvents 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.
- 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; irritability.

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



## PROGRAM INVENTORY: PREVENTION AND EDUCATION

---

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 to correct misperceptions about the substance safety risk behaviors in which students actually engaging. Following is a listing of relevant prevention and education initiatives:

### **Academic Course Leadership in New Student Transitions**

#### *New Student Services*

Orientation advisors must complete 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.

### **Academic Course ELP 351N Sorority and Fraternity Leadership Issues**

#### *Sorority and Fraternity Life in the Office of the Dean of Students*

Members of organizations affiliated with Sorority and Fraternity Life are eligible to take a three-credit-hour course, Sorority and Fraternity Leadership Issues. This upper-division class is designed to facilitate the development of leaders within university sororities and fraternities. Through discussion and the shared experiences of class members, particular attention is given to the challenges related to the use of alcohol and drugs that exist in the university sorority and fraternity 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.

### **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 students' 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.

### **Alcohol Safety Bulletin Board**

#### *University Housing and Dining*

As part of the residential curriculum for student learning in the residence halls, Resident Assistants created bulletin boards for August/September on making responsible decisions, including safe alcohol use, as well as consent, interpersonal violence, safety policies on campus, and traveling campus at night.

### **AlcoholEdu**

#### *Longhorn Wellness Center*

AlcoholEdu® is a 2.5-hour online module that 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.

#### **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 that include institutional, Big 12 and National Collegiate Athletic Association drug testing requirements, as well as the implications for positive tests. Other methods of timely education (e.g., text or email reminders) are also provided throughout the academic year.

#### **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 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 educational initiatives support 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.

Random and concerned intervention drug testing is administered both as a means of deterrence and early identification. Individualized treatment is provided to any student who has a positive drug test for a banned substance.

The Safe Harbor program serves as a means in which students who self-identify with substance use/abuse are assessed and provided treatment with no threat of disciplinary action.

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

##### ***UT Wellness Network***

##### ***Longhorn Wellness Center***

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. BeVocal offers introductory trainings on bystander intervention as well as custom trainings based on topic (such as substance use) or area need.

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

##### ***Longhorn Wellness Center***

Listed on the United States Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Policies, the BASICS program 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. As a harm reduction program, the student is encouraged to self-select goals that focus on reducing risky behaviors and negative outcomes if the student chooses to drink. BASICS is designed as a non-judgmental, non-labeling and non-confrontational safe space for reflection, discussion and education.

BASICS consists of two sessions that each last an hour. The first session is conducted in a small group of five or fewer students, and includes alcohol education and a discussion on perceptions and beliefs regarding alcohol use and motivations for drinking. After finishing the first session, each student completes a brief survey that asks questions about drinking behaviors, perceptions of alcohol use on campus, negative effects as a result of alcohol use, and strategies they currently use to reduce risk of alcohol-related harm.

The second session is a private meeting with just the student and facilitator where they discuss the student's personalized feedback report. During this time, the student learns how their drinking compares with others on campus and examines their relationship with alcohol. The facilitator also guides a conversation around protective strategies that the student feels comfortable enacting if they choose to use alcohol. In both sessions, the facilitator uses motivational interviewing techniques to meet the student where they are in their personal stage of change.

#### **Bruce the Bat** *Longhorn Wellness Center*

Bruce the Bat 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.

#### **Campus Partner Pop-Up** *University Housing and Dining* *Longhorn Wellness Center*

University Housing and Dining hosts campus partners periodically to do "pop up" events in the halls. Longhorn Wellness Center did pop-ups in both Kinsolving and Jester Academic Center. While AOD was not the sole focus of the pop-ups, information pertaining to AOD was shared as part of wellness resources and strategies.

#### **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, Longhorn Wellness Center 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 nation-wide contact information:

<https://orientation.utexas.edu/campus-safety>.

#### **Campus Safety Show 2020** *New Student Services*

During Summer 2020, in relation to program adjustments due to COVID-19, the Campus Safety show was pre-recorded and added to the UT Safety Module on Canvas.

All new students at freshman and transfer orientation are required to complete modules surrounding

university information, services and resources. One section of these modules, entitled “Safety at UT,” covers various topics around alcohol and substance abuse. These modules also included an introduction to University Health Services, Counseling and Mental Health Center, Center for Students in Recovery, Title IX, BeVocal, and the Behavioral Concerns and COVID-19 Advice Line (BCCAL), among other safety resources.

### **Cannabis Screening & Intervention for College Students (CASICS) Program**

#### *Longhorn Wellness Center*

CASICS is conducted with the same grounding framework as BASICS, but with the focus on a student’s cannabis use. As a harm reduction program, the student is encouraged to self-select goals that focus on reducing high-risk behaviors and negative outcomes if the student chooses to use cannabis. The program is designed as a non-judgmental, non-labeling and non-confrontational safe space for reflection, discussion and education. It consists of two sessions that each last an hour. The first session is conducted in a small group of five or fewer students, and includes education and a discussion on perceptions and beliefs regarding marijuana use and motivations for use. After finishing the first session, each student completes a brief survey that asks questions about drinking and cannabis behaviors, perceptions of marijuana use on campus, negative impacts as a result of alcohol and drug use, and strategies they currently use to reduce risk of alcohol- and drug-related harm.

The second session is a private meeting with just the student and facilitator where they discuss the student’s personalized feedback report. During this time, the student learns how their cannabis and and/or alcohol use compares with others on campus and examines their relationship with marijuana. The facilitator also guides a conversation around protective strategies that the student feels comfortable enacting if they choose to use alcohol and/or cannabis. In both sessions, the facilitator uses motivational interviewing techniques to meet the student where they are in their personal stage of change. CASICS was piloted virtually in late Spring 2020, and has continued to be an option for student referrals both in person and virtually since.

### **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.

### **Healthyhorns TXT**

#### *Longhorn Wellness Center*

HealthyhornsTXT is aimed at supporting the health and academic success of students at The University of Texas at Austin. Subscribers receive helpful text messages about campus resources and events, physical activity and nutrition, sleep, stress management and mental health, alcohol risk reduction and other general health tips. HealthyhornsTXT messages are crafted by health education experts and campus partners. The topics covered are also informed by HealthyhornsTXT users, who are surveyed each semester to better understand what is most useful and informative. Some of the texts also include social norms data that comes from an annually conducted UT Austin National Social Norms Center survey.

### **Horns Against Hazing**

#### *Sorority and Fraternity Life in the Office of the Dean of Students*

#### *Hazing Prevention and Education Committee, UT Wellness Network*

Horns Against Hazing (HAH) was created to educate a broad audience of student organization leaders who do not have access to hazing prevention programming about the effects of psychological and physical hazing. This event explores what hazing is, the effects of hazing, and encourages students to cultivate healthier organizational practices. Through an engaging presentation, students are equipped with short- term and long-term solutions that members can use to address culture change and create healthier organizational environments.

### Longhorn Wellness Peer Educator Program *Longhorn Wellness Center*

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 that pertain to alcohol and other drugs. Residence halls, First-year Interest Groups (FIGs), 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. Peer educators also contribute to the development of campus-wide prevention initiatives through a 3-semester long mentored group project with an LWC or SHIFT staff member. In 2021-2022 one group focused on Naloxone awareness and education.

### National Hazing Prevention Week

*Sorority and Fraternity Life in the Office of the Dean of Students  
Hazing Prevention & Education Committee, UT Wellness Network*

Annually UT's Hazing Prevention and Education Committee supports National Hazing Prevention Week. This week is centered on providing education and raising awareness regarding hazing prevention because hazing behaviors often include a component of alcohol or drug use. Events vary each year and include programming such as webinars for family members or advisors, workshops for students, or social media campaigns. Additionally in fall 2022 the Hazing Prevention and Education Committee partnered with SHIFT on a social media campaign addressing the intersection of hazing prevention, substance use, and power dynamics in groups.

### New Student Orientation Campus Safety Canvas Modules

*New Student Services*

All incoming students are required to complete various online modules before their new student orientation. One of the modules is focused on Campus Safety and covers campus safety resources, safety notifications, health and wellness resources, student-led programs like Healthyhorns, and includes a pre-recorded campus safety show that covers campus resources and takes incoming students through various real-life scenarios that they may encounter as incoming students.

### New Student Orientation Social Media Q&A: Campus Safety

*New Student Services*

Orientation Advisor (OA) student leaders facilitated one Campus Safety Q&A on Instagram to provide the opportunity for new incoming students to ask questions about student safety on campus. The OAs reviewed FAQs and answers before the event to make sure they gave out correct information balanced with personal experiences.

### Parent and Family Outreach: Houston Outreach Project

*Sorority and Fraternity Life in the Office of the Dean of Students*

The Parent and Family Outreach Initiative provides support and education to families, incoming students, alumni, and community members in the greater Houston Community. Educational events focus on raising awareness about hazing and shifting the culture of hazing and other high-risk behaviors in sororities and fraternities. This pilot program is made possible by generous donor funding. The Charge is to 1) return focus on the positive attributes offered by the UT Austin sorority and fraternity experience; 2) support the cultural shift occurring nationwide and locally for healthier organizational behavior; and 3) create a community that supports this shift. More specifically in spring 2022, the Houston Outreach Program partnered with SHIFT to bring conversations about substance use and hazing prevention to high school students.

### Prescription Drug Misuse and Overdose Prevention Initiative Longhorn Wellness Center SHIFT

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.” The Longhorn Wellness Center and SHIFT are collaborating to address this issue from various angles.

The Longhorn Wellness Center continued to partner with the Forty Acres Pharmacy in 2020-2021 on a “Protect Your Prescription” campaign. The campaign educated patients who received prescriptions for stimulants about how to protect their prescription and what to say if they are approached by other students to share their pills. “Protect Your Prescription” posters were hung in the Forty Acres Pharmacy’s consultation bays and waiting room areas. Forty Acres Pharmacy closed permanently in fall 2021. This campaign will be updated and will expand in various campus locations in 2022-2023.

When the Forty Acres Pharmacy closed, it also reduced access for students to acquire Narcan easily and free of cost. Naloxone, also known as the brand name Narcan, is a medication used to reverse the effects of an overdose from opium or opioids by blocking their effects. Opioids slow down breathing and taking too much can stop an individual’s breathing. Naloxone can counter the overdoses effects, usually within minutes. However, the medication only pauses the effects of opioids, and emergency medical help is still required. The Longhorn Wellness Center and SHIFT are working with Operation Naloxone out of the College of Pharmacy to increase access points in tandem with the messaging campaign. As of Spring 2022 Narcan is available at residence halls and university libraries, including the Perry-Castaneda Library, with hopes to expand access points in other campus locations over the next biennium.

Throughout 2022-2023 a new health communication campaign will launch to increase awareness and access to overdose prevention materials and resources. Campaign materials and educational opportunities will be informed by data from the OSU Prescription Drug Study survey results from Spring 2022.

Finally, expanding the reach and increasing participation in the “Prescription Drug Abuse Prevention” online educational module is another goal throughout 2022-2023. This pilot will inform a larger roll-out to more student groups across campus over subsequent years.

### Recovery Ally Training Center for Students in Recovery

The Recovery Ally Training was developed by the Center for Students in Recovery as another way to support students in recovery on the UT Austin campus. This training started its pilot phase in Fall 2018 with the goal to help equip students, faculty and staff with additional skills to interact with students in recovery or with a substance use disorder. Upon completion of the Recovery Ally Training, a participant will be able to:

- Describe the science of substance use disorders and recovery,
- Demonstrate how to have a conversation with a person who seems to be struggling with substance use,
- Demonstrate how to effectively express support for a student in recovery,
- And describe on- and off-campus resources for substance use disorder help or recovery support.

These learning objectives will be accomplished through a Full Training (90 minutes) or a Short Training (50 minutes). Skills will be reinforced via role-playing and small group interactions during the Full Training, but the Short Training does not include role-playing or small group activities. The Short Training is ideal for classroom settings. Other objectives of this training are to reduce stigma toward people with substance use disorders or in recovery, and to increase awareness about the millions of individuals living in healthy recovery across the country.



### Residence Life Educational Programming *University Housing and Dining*

Through a residential curriculum, the Residence Life staff help students learn a variety of life skills, such as “make responsible decisions.” Through this learning outcome, Residence Life staff host programs and supply the residents with information to raise awareness of the effects of drug and alcohol use, as well as conduct large-scale, alternative programming for the entire campus.

### RoundUp Ready (formerly Roundup Recharge) *SHIFT*

#### *Longhorn Wellness Center*

#### *Sorority and Fraternity Life in the Office of the Dean of Students Interfraternity Council (IFC)*

RoundUp is a weekend when many parties and concerts are held off campus. The Longhorn Wellness Center (LWC), SHIFT, Sorority and Fraternity Life (SFL), and leadership on the Interfraternity Council (IFC) partner to reinforce protective strategies important to group outings and extended periods where alcohol and other drugs may be present.

Due to the pandemic, RoundUp did not take place in 2020 or 2021. The event returned in 2022 which saw these safety efforts collaborate again. IFC, SFL, and the LWC partnered to strategize ways to integrate harm reduction strategies, like offering nonalcoholic beverages and food during these events, into existing efforts. In addition, SHIFT developed and facilitated a 45-minute substance use safety workshop in preparation for RoundUp 2022. The workshop engaged fraternity members in dialogue around how to host safer events, signs and symptoms of overdose, strategies to intervene in an emergency, and general prevention measures. Furthermore, a partnership was created with The Sobering Center of Austin to provide at least two boxes of Narcan (Naloxone) at each fraternity house that was hosting an event.

### Safe Social Events

#### *Sorority and Fraternity Life in the Office of the Dean of Students*

Safe Social Events educate sorority and fraternity chapters and council leadership on the basics of risk management and facilitate a conversation regarding planning safe social events, addressing safety issues, developing prevention plans for minimizing risk, and discussing how to foster a safer Sorority and Fraternity Life community. Social events and risk management policies and procedures are addressed specifically through both risk management training and ongoing individualized chapter coaching with chapter presidents throughout the year.

Staff members are frequently asked to speak with organizations about party procedures and often discuss common risk management procedures of Greek-letter organizations.

### Safer Tailgate Initiative

#### *UT Wellness Network Substance Use Safety Committee*

The UT Wellness Network Substance Use Safety Committee has historically provided a safer tailgate experience during one to two football games each year by providing non-alcoholic drinks and food in order to stay hydrated and decelerate the pace of alcohol consumption. However, due to the pandemic, this effort was placed on hold with hopes to continue this initiative in the next biennium.

### 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 almost 1,000 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 is covered in both the leadership workshop and organization training, specifically covering campus statistics, applicable policies, harm reduction strategies, and emergency and campus resources. Registered and sponsored student organizations are required to complete Safety Education

annually. All training materials and procedures have been developed and are annually updated by the Safety Education Program staff.

### **The SHIFT List: A Substance Use Safety Series for Student Organizations**

#### **SHIFT**

*The Longhorn Wellness Center*

*Sorority & Fraternity Life*

*Center for Students in Recovery*

[The SHIFT List](#) is a substance use safety series for student organizations grounded in harm-reduction as opposed to abstinence. It is a one-stop shop to access resources and workshops from our campus partners that empower student groups to:

- 1) Learn more about substance use and misuse.
- 2) Build skills to minimize risk and promote healthy social experiences.
- 3) Discuss ways to shift the campus culture toward care and well-being.

### **Substance Use Safety Committee**

#### **UT Wellness Network**

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. Its Substance Use Safety Committee works to reduce high-risk drinking and drug use through research, campus and community partnerships, and recommending strategies and policy changes.

### **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 and fraternity membership, and their role in creating a safe and inclusive community. Additionally, starting in 2019 all new member educators were required to attend a training on their role in building a safe, inclusive, and community driven experience in the new member process.

### **Thursday Thoughts**

#### **Sorority and Fraternity Life in the Office of the Dean of Students**

Thursday Thoughts offered a space for key SFL community leaders including students, advisors, and facility managers to gather virtually during the pandemic. The sessions covered topics such the impact of COVID-19 on housing operations, effective COVID-19 mitigation efforts, shifting chapter programming virtually, and connecting stakeholders to campus and community resources.

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

#### **Longhorn Wellness Center**

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. They also provide workshops on topics such as mental health, violence prevention, bystander Intervention and other topics that intersect closely with AOD topics.



## PROGRAM INVENTORY: INTERVENTION

---

Strong, efficacious interventions are included in the university's 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:

### **Behavior Concerns and COVID Advice Line (BCCAL)**

*Office of the Dean of Students*

*Counseling and Mental Health Center*

*Employee Assistance Program*

*UT Austin Police Department*

BCCAL is a resource, available 24 hours a day, seven days a week. The purpose of BCCAL is to provide support, advice, and referrals to students, faculty and staff with concerns regarding another campus member's behavior. In 2020, the Behavior Concerns Advice Line (BCAL) expanded to become BCCAL to provide support to the campus community regarding questions on COVID-19. As a preventive measure, BCCAL 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.

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

The Center for Students in Recovery aims to enrich students' recovery from substance use disorder through peer support, sober social activities that cultivate a sense of belonging, and leadership and service opportunities. Students who are in recovery, as well as those interested in experiencing, exploring or understanding recovery, are welcome. While the Center does not offer clinical services, students can be connected to recovery-related resources, including sober living, additional community support groups and inpatient or outpatient treatment. Participation in Center events, workshops, groups and events is free and available to students at any point in their academic and recovery journey.

For over 15 years, the Center for Students in Recovery has served as a national model for collegiate recovery and continues to collaborate across the alcohol and other drug continuum of care on our campus, to serve as a leader in shifting the campus culture to one that embraces, respects and cultivates recovery as a model of wellness.

### **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 the Crisis Line when they want, at their convenience. Telephone counselors will spend time addressing their immediate concerns and give specific training for responding to crisis situations.

### **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.

### **HealthPoint Employee Assistance Program**

*UT Austin Human Resources*

The Employee Assistance Program at UT Austin serves to support the mental, emotional and physical well-being of faculty and staff, and to 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. EAP 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.

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

##### *Veteran and Military Affiliated 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

## PROGRAM INVENTORY: TREATMENT AND RECOVERY

---

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.

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

The Center for Students in Recovery is recovery-focused 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.

### **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 hardships that may include medical costs (e.g., treatment, therapy, health care, etc.) or other necessary, basic needs.

## PROGRAM INVENTORY: RESEARCH

---

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. The Addiction Research Institute also houses two SAMHSA funded initiatives: the Opioid Response Network, and the Peer Recovery Center of Excellence. The Opioid Response Network, provides training, consultation and technical assistance in HHS Region 6 around Opioids, Stimulants and other substances. The Peer Recovery Center of Excellence offers training and technical assistance services to peers, organizations and communities across the country.

### Operation Naloxone

Operation Naloxone is an interprofessional opioid overdose prevention service learning program developed by faculty and students in the College of Pharmacy, in collaboration with the Steve Hicks School of Social Work and the Texas Overdose Naloxone Initiative. Through this program, PharmD and MSW students are trained to lead peer outreach events and distribute naloxone for opioid overdose reversal. Since its inception in 2016, Operation Naloxone has been notified of five lives saved with medication distributed during live trainings for UT Austin students, faculty and staff. This program is also proud to support UT Libraries in making naloxone freely available without a prescription, and to support Residence Life in ensuring every resident advisor receives overdose response training and can access naloxone in an emergency.

In January 2019, a manuscript describing the Operation Naloxone model of campus overdose preparedness was published in the Journal of American College Health (<https://pubmed.ncbi.nlm.nih.gov/30615573/>). In November 2019, Operation Naloxone Director Dr. Lucas Hill served as an invited panelist at the U.S. Office of National Drug Control Policy White House Roundtable on Preventing Overdoses on College Campuses.

### 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.

### American College Health Association National College Health Assessment

The ACHA-National College Health Assessment (NCHA) is a nationally-recognized research survey that can assist colleges and universities in collecting precise data about their students' health habits, behaviors and perceptions. The ACHA-NCHA covers topics relevant to college student health, including alcohol and other drugs. UT Austin utilizes this instrument on a biennial cycle administering every other fall; the last time the survey was implemented was Fall 2021 and the next administration is planned for Fall 2023.

### National Social Norms Center- UCelebrate! Survey

#### *Longhorn Wellness Center*

The National Social Norms Center at Michigan State University provides guidance and support for program development, and also administers the annual UCelebrate! survey, which is distributed to a random sample of 4,000 UT Austin undergraduates every spring. Data from the UCelebrate! survey provides the foundation for the Bruce the Bat campaign, and also informs other substance misuse prevention efforts on campus. This survey was not administered in 2020 and 2021 due to COVID-19, but was implemented again in Spring 2022.

### The Ohio State University's College Prescription Drug Study

#### *Longhorn Wellness Center*

#### *SHIFT*

The College Prescription Drug Study (CPDS) is a multi-institutional survey of undergraduate, graduate and professional students. The CPDS examines the non-medical use of prescription drugs, including the reasons for and consequences of use, access to prescription drugs, and perceptions of use among students. The purpose of the CPDS is to gain a more thorough understanding of the non-medical use of prescription drugs among college students. UT Austin participates in this study, and the survey was implemented again in Spring 2022.

### 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, 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 130 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

---

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 as required by the Big 12 Conference rules performs 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 receive counseling and are subject to other university-imposed sanctions. Student-athletes who test positive for banned substances (other than marijuana) on an NCAA-administered test are suspended from intercollegiate sports for one year. Positive first tests for marijuana on NCAA tests result in a suspension for 50% of a season, with a subsequent positive test resulting in a full calendar-year suspension. Student-athletes are required to acknowledge and consent to UT and NCAA drug testing policies and procedures annually as a requirement of participation in intercollegiate athletics.

#### Council Policies Related to Risk Reduction

##### *Sorority and Fraternity Life in the Office of the Dean of Students*

Governing councils for the sorority and fraternity community hold their members accountable in many ways. The Interfraternity Council adopted a dry recruitment policy for all fraternities at the university. The policy explains that no alcohol is to be used or present during any recruitment function, whether it is one-on-one or in a large group. The University Panhellenic Council adheres to the National Panhellenic Council Unanimous Agreement that prohibits alcohol involvement with any sorority recruitment function. The Latino Pan-Hellenic Council prohibits the unlawful possession, sale and/or use of any illegal drugs or controlled substance at council events or organization sponsored events. Lastly, SFL organizations are required to submit an intent to recruit form as well as a new member reporting form which outline their obligations to maintain safe new member processes.

#### Institutional Drug Testing

##### *Texas 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 content included in the Student-Athlete Resource Guide and Student-Athlete Code of Conduct and Expectations is reviewed. The resource guide includes content regarding drug education, the drug-testing program, banned substances lists, and implications for positive tests. Student-Athletes also annually attest to their review and understanding of the Student-Athlete Code of Conduct as a pre-participation requirement. Texas Athletics ensures compliance with policy via various monitoring systems and enforcement. Texas Athletics continuously to evaluates and clarifies the current policies to ensure 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 do not live in university owned housing, 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*

*Longhorn Wellness Center*

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 or drug 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 or drug-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 organizations are also encouraged to utilize these resources for off-campus events, where the potential for high-risk behavior may be 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 Unions Social Events

University Unions requires that university police be present for all parties or social events held in the Texas Union or William C. Powers, Jr. 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 11-402* 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.

*Handbook of Operating Procedures Policy 5-1140* requires all employees to report any arrests and criminal convictions to the university within five business days. This includes being convicted of a criminal drug statute that occurred in the workplace. If a drug violation occurs in the workplace, the appropriate federal agency will be notified.

*Handbook of Operating Procedures Policy 5-1150* requires drug and alcohol testing for positions requiring a commercial driver's license. All applicants who have been conditionally accepted for employment in positions that involve duties or activities that involve the requirement of a commercial driver's license will be required to test for the presence of illegal drugs and a verified negative test result will be required. The use of alcohol 4 hours before or while on duty, concentrations of alcohol 0.04 or greater in system while requiring performance of safety sensitive functions, or use during the eight hours following an accident are prohibited. Use or possession or testing positive for a controlled substance while holding a position requiring the performance of safety sensitive functions is prohibited. This policy outlines procedures for testing and discipline if an employee violates the policy.

## 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.

### *Employees' Institutional Rules on Student Services and Activities, Chapter 6; Student Organization Manual (p.28)*

#### Subchapter 6–404. Prohibited Conduct of Student Organizations

8. Alcohol Misconduct - engages in unauthorized use or possession of alcoholic beverages in a University classroom building, laboratory, auditorium, library building, 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 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.
9. Drugs - engages in the unauthorized use or possession of a drug, or possession of drug paraphernalia; or engages in unauthorized sale or distribution of a drug.

## 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 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 2022 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 Longhorn Wellness Center and the Counseling and Mental Health Center as part of the disciplinary referral process.

During the 2020-2021 academic year, there were a total of 105 alcohol and 14 drug violations. During the 2021-2022 academic year, there were a total of 145 alcohol and 12 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.

<b>2020-2021 ALCOHOL VIOLATIONS = 105</b>	
<b>Sanction</b>	<b>Total Assessed</b>
Written Warning	0
Disciplinary Probation	61
Deferred Suspension	0
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	63
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	0
Reflection Paper	1
Restitution	0
Suspension of Privileges	0
Ethical Decision Making Seminar	2
Other	2

**2021-2022 ALCOHOL VIOLATIONS = 145**

<b>Sanction</b>	<b>Total Assessed</b>
Written Warning	9
Disciplinary Probation	55
Deferred Suspension	0
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	79
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	1
Psychological Counseling or Assessment	0
Reflection Paper	0
Restitution	0
Suspension of Privileges	0
Other	0

2020-2021 DRUG VIOLATIONS = 14	
Sanction	Total Assessed
Written Warning	0
Disciplinary Probation	7
Deferred Suspension	0
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	6
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	0
Reflection Paper	0
Restitution	0
Suspension of Privileges	0
Ethical Decision Making Seminar	3
Other	0

2021-2022 DRUG VIOLATIONS = 12	
Sanction	Total Assessed
Written Warning	1
Disciplinary Probation	4
Deferred Suspension	0
Suspension	0
Expulsion	0
Alcohol & Drug Education or Counseling	5
Community Service	0
Develop & Implement Educational Activity	0
Meeting with University Staff Member	0
Psychological Counseling or Assessment	0
Reflection Paper	1
Restitution	0
Suspension of Privileges	0
Ethical Decision Making Seminar	1
Other	1

Note: For both the 2020-2021 and 2021-2022 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

---

## 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 use, including standards of conduct, health risks, state and federal penalties, and available drug or alcohol counseling and rehabilitation services. Campus notification of the Drug-Free Schools and Communities Act, 2022 Biennial Review Notice, will be sent to students via e-mail from the Vice President for Student Affairs Office, and to faculty and staff from Human Resources.

The notification statement is as follows:

*To further its commitment to the well-being of all campus community members, The University of Texas at Austin is providing all students, faculty and staff with the annual notice of the Drug-Free Schools and Communities Act, 2022 Biennial Review.*

*In the review you will find:*

- A description of health risks associated with alcohol and drug abuse.*
- Descriptions of available support, intervention and treatment programs.*
- Standards of conduct and policies related to alcohol and drug abuse.*
- Penalties for violation of federal, state and local laws, and campus policy.*

*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.*

*Please take a moment to review the information for your own education and well-being.*

## PROGRAMMING EFFECTIVENESS

A major objective of the 2022 Biennial Review is to gather and analyze data on the effectiveness of current programs, program gaps and needed improvements. Determining program effectiveness across the campus can lead to data-informed, continuous improvements and recommendations for future programmatic efforts.

In response to the 2020 Biennial Review recommendations to take steps to strengthen and centralize assessment efforts of program effectiveness and programming, the 2022 Biennial Review Survey was modified to gather information about UT Austin’s AOD programs and their effectiveness. A total of 45 AOD programs were reported. The description of the survey results is organized as follows: how programs were assessed (Table 1); reported program effectiveness (how unit directors view program excellence) (Table 2); and data highlights and planned improvements reported by survey respondents (Tables 3 and 4).

### HOW AOD PROGRAMS WERE ASSESSED

The AOD program effectiveness is assessed using a variety of methods. Survey respondents reported using quantitative methods (33%), including numeric and cumulative data collection and pre/post survey; qualitative methods (9%), such as interview or anecdotal data assessment; mixed methods (42%); and unspecified methods (16%). See Table 1.

**Table 1: Types of Assessments (n=45)**

Assessments Used	Percentage
Quantitative Methods	33
Qualitative Methods	9
Mixed Methods	42
Methods Unspecified	16

### HOW EFFECTIVE AOD PROGRAMS ARE

As shown in Table 2, of the AOD programs that were assessed for effectiveness, 91% of them were reported as either very effective or somewhat effective. Only 9% of the programs were reported as neither effective nor ineffective.

**Table 2: Reported Program Effectiveness (n=45)**

Effectiveness	Percentage
Very effective	51
Somewhat effective	40
Neither effective nor ineffective	9
Somewhat ineffective	0
Very ineffective	0

## ARE AOD PROGRAM IMPROVEMENTS NEEDED?

Table 3 provides the respondents' views about the need for AOD program improvements or changes. While 47% indicated that their program could be increased or expanded, 40% felt that their program should be continued or maintained unchanged. 13% were either unsure about the need for change or did not specify plans for change. Improvement plans with specific descriptions were reported in the survey and are found in Table 4.

**Table 3: Program Improvement Plan (n=45)**

Plans	Percentage
Continue or maintain unchanged	40
Increase and expand	47
Other (Uncertainty, unspecified)	13

The effectiveness of the university's various AOD programs are supported by the data reported in the survey. Table 4 provides the contents of AOD programs highlights, the data-supported effectiveness and their indicated plans for continuation and/or program improvement.

**Table 4: Highlights of Program Effectiveness and Recommended Improvements from the 2022 Biennial Review Survey**

Program	Program Highlights	Recommended Improvements
CMHC AOD Counseling Program	83% of the 89 unique clients recommended to return to CMHC for AOD-related counseling at least one additional appointment. When evaluated in light of the barriers these students must overcome in order to seek ongoing treatment, CMHC AOD counseling services are very effective.	Continue the emphasis on education and prevention, including harm reduction.
Bruce the Bat	We have not yet received Spring 2022 data. The survey was not conducted in 2020-2021 due to COVID.	Increase Bruce's presence on campus (recognize Bruce), increase frequency and opportunities for interacting/seeing Bruce beyond first year/beginning of the year. Increase collaboration with campus partners and marketing strategies to reach more students.
HealthPoint Employee Assistance Program	The numbers of staff, faculty and students who received services were those whose specific assessed problem was identified as coping with their own or someone else's substance abuse problem. We served a total of 846 clients in 2020 and 791 in 2021, many of whom were provided support or coping mechanisms that potentially served as an alternative to alcohol or drug use or abuse and would be considered prevention.  The majority of satisfaction survey agreed or strongly agreed that their ability to do their job has been enhanced.	We have committed to programs that will decrease barriers to services to underserved employees. This year we will increase our presentations and will continue interventions to decrease isolation. Develop new programs in order to meet the changing needs of staff, particularly during times of crisis and

		isolation
Parent and Family Outreach: Houston Outreach Project	<p>The majority of the attendees were more informed about the challenges that existed in the sorority and fraternity community and their sources and support on campus by our presentation.</p> <p>In fall 2020 and spring 2021, we transitioned all meetings to virtual outside of a select few. We had really strong RSVP numbers and success with marketing however attendance was on par with the previous year. We expanded to new organizations by the summer of 2021 as well.</p>	Determine how to reach more people and customize to specific audiences, using both in person and webinar options for future programs.
Horns Against Hazing	Students learned what hazing is, the spectrum of hazing behaviors, and practical tools to implement hazing prevention and bystander intervention.	Tailor program content for targeted audiences and continue to reach organization's with hazing prevention education. Horns Against Hazing should be dynamic and constantly evolving.
Safety Education Program	Results showed students have an increased readiness after attending the workshop to discuss the topical areas addressed with their student organization members.	Continue to work to effectively communicate program requirements to all student organizations.
Academic Course ELP 351N Sorority and Fraternity Leadership Issues	The participants reported having positive experiences while in the class as well as having learned new information in our topic areas such as risk management, leadership development and chapter operations.	The class syllabus is reviewed each semester for improvement on content flow and assignments. Seeking support from additional higher education faculty as we plan for this coming spring 2023.
SHIFT	<p>To date, we have directly engaged more than 25,740 students and 197 faculty members. Moving forward, we will also assess the indirect impact of SHIFT activities, such as the number of students represented in organizations that have participated in the SHIFT List Workshops. While progress on long-term culture shifts and substance use outcomes can be slow to develop, recent SHIFT activities have shown remarkable success in improving key short- and mid-term outcomes. Below we highlight two specific outcomes, increasing meaningful connections (individual-level) and increasing campus awareness of harm reduction (environmental-level), as exemplars of SHIFT's success.</p> <p><i>Increased Meaningful Student-Student and Student-Campus Connections:</i> students engaged in SHIFT activities have consistently reported feeling connected to the university and to their peers. While the strength of these</p>	<p>Collect number of student, faculty, staff, and community partners' direct interactions with SHIFT programming and initiatives</p> <p>Measure student knowledge and confidence in harm reduction strategies, most notably confidence in calling for help/reporting.</p> <p>Examine the expectations and realities of substance use in social interactions</p> <p>Track the number of substance misuse incidents reported at UT and comparing them</p>

	connections did drop significantly in 2020 in the wake of COVID interruptions to campus life, they rebounded notably in 2021 to pre-COVID levels. FIG/TRIG students consistently reported feeling comfortable reaching out to their teachers (78% in 2019 to 89% in 2021) or to their peers (86% in 2019 to 90% in 2021) if they needed help. In 2021, 85% of SHIFT Signature Course students reported that their Signature Course strengthened their connection to UT Austin (86% in 2019 and 72% in 2020) and 87% felt that their Signature Course encouraged them to seek support from UT Austin faculty or staff (90% in 2019 and 78% in 2020).	to community trends or trends in other institutions of higher education.  Examine the number of University departments and community entities that identify themselves as playing a role in shifting UT culture toward well-being.
Waggoner Center for Alcohol and Addiction Research	We publish approximately 50 addiction-related research papers per year in peer-reviewed journals. Approximately 75 individuals, including faculty, staff and students, participate in the annual Waggoner Center Advance.	We would maintain status. Our addiction fellowship has graduated two fellows. The Integrative Neuroscience Initiative on Alcoholism (INIA)-Neuroimmune consortium grant was renewed in Feb 2022.
AlcoholEdu	9 out of 10 UT Austin students reported that AlcoholEdu: <ul style="list-style-type: none"> <li>• Prepared them to help someone who may have</li> <li>• alcohol poisoning.</li> <li>• Helped them establish a plan ahead of time to</li> <li>• make responsible decisions about drinking.</li> </ul> Prepared them to prevent an alcohol overdose.	Continue to engage campus partners and experts who work in substance misuse prevention to build out the resources and information shared within the module. Continue working with our partners across campus, specifically New Student Services, University Housing and Dining, First-Year Experience Office, Dean of Students, University Health Services and the Counseling and Mental Health Center to promote the modules with incoming students.
Recovery Ally Training	Recovery Ally Training continues to show a positive increase in self-efficacy and knowledge of resources related to addiction and recovery support on campus. Student engagement data has shown the importance of consistently in staff and center hours as well as the need for in person programming to effectively build community.	Cultivate existing and new high-impact practices for student engagement and retention. Expand outreach on campus to faculty and staff. Promote community building among people with multiple recovery pathways. Re-engage University High School in mentoring and shared meetings.
Behavior Concerns and COVID Advice Line (BCCAL)	Students have received needed interventions and resources due to third parties outreaching to BCCAL due to concerns.	Continue to train the team on how to address concerns and provide resources to community

		members.  Continue to evaluate the after-hours service that supports BCCAL calls.
Operation Naloxone	Program data was not provided.	Have applied for additional SHIFT funding to maintain naloxone accessibility through UT Libraries, facilitate expanded promotion and education, and complete brief semi-structured interviews with students who obtained naloxone through UT Libraries to understand their motivations and preferences
Residence Life Educational Programming	When asked if they learned about the following outcomes while living in the residence halls, the percentage of students who strongly agreed or agree was: <ul style="list-style-type: none"> <li>• Manage emotions-43.9%</li> <li>• Make responsible decisions-63.2%</li> <li>• Address problems appropriately -58.4%</li> <li>• Develop goals and plans-56.0%</li> <li>• Prioritize commitments -62.4%</li> <li>• Identify within a community-45.9%</li> <li>• Interact and communicate with others more effectively-56.9%</li> <li>• Develop positive relationships-56.2%</li> <li>• Participate in civic life51.7%</li> <li>• Articulate their identities44.1%</li> <li>• Understand and express personal values and viewpoints-49.8%</li> <li>• Bridge differences and commonalities-54.7%</li> <li>• Affirm and celebrate others-53.8%</li> <li>• Advocate for diversity, inclusion, and equity-55.6%.</li> </ul>	Refine lesson plans to focus on areas where students did not have high % of agree/strongly agree.
Texas Athletics Drug Education and Testing Program	Program includes medical drug screening as part of pre-participation physical exam, safe harbor program, and concerned intervention testing -- all aspects that assist in early identification of substance abuse without punitive ramifications.	Consider alternatives to increase deterrence to substance use.
Safer Tailgate	Did not occur in this biennium due to COVID-19 limitations.	This initiative will resume over the next biennium and increase the number of campus partners to discuss potential environmental changes to deepen impact of

		prevention efforts. Past efforts will be reevaluated and goals will aim toward longer lasting opportunities for change.
Campus Safety Show 2020	2020: 99% agreed the Safety Module (which included the pre-recorded show) was effective in helping them think about personal safety and making them aware of resources available on campus to keep them safe. 2021: 93% agreed the Safety Module (which included the pre-recorded show) provided students with information on where to go on campus for safety resources.	The same pre-recorded show was used for the summers of 2020, 2021, and 2022. For Summer 2023, we would connect with key stakeholders to make sure the show remains relevant and evaluate whether we should keep it or replace it with other content.
Healthyhorns Peer Education Program	Data hasn't been compiled for the 2021-2022 at the time of this report.	Revise evaluation process to consolidate evaluation across all workshops. Increase # of peer educators recruited for 2023-2024 year. Promote less requested workshops more.
Family and Advisor Training Initiatives	Evaluations of the advisor training we host illustrate satisfaction with the agenda items covered as well as reflect on the logistics of the event. We also gather future topics to consider for ongoing training.	An effort to poll the attendees in advance for the most relevant topics and requests will enhance our outcomes.
Safe Social Event Training	We continue to required attendees to complete a post-survey on site in order to claim a free t-shirt, which has really improved the take-aways we have gathered from this event.	Continue to provide both our in-person training and our one-on-one meetings with chapter leadership to continue to educate about the Alcohol and Drug Guidelines and best practices for safer events.
Brief Alcohol Screening and Intervention for College Students (BASICS) Program	Students reported a 43% decrease in the number of drinks consumed on the heaviest drinking occasion from baseline to six-month follow up.  BASICS saw a 37.04% increase in student cases from fall 2020 to fall 2021. Additionally, 100% of our students rated the quality of their experience with BASICS as "Good" or "Excellent", and 96% of our students reported that they would likely refer a friend to BASICS or CASICS if they expressed interest in examining their relationship with alcohol or cannabis.	Continue to work actively with referral partnerships across campus to increase awareness of BASICS as a resource and # of students going through the program.
Student Emergency Fund	Students are able to access medication or treatment due to receiving funds from the emergency fund.	Continue to advertise the use of the emergency fund related to AOD concerns.
Addiction Research Institute (ARI)	Provide training and technical assistance for the current and upcoming workforce to ensure	Continue to research drug trends and provide



	providers have knowledge around current best-practice and evidence-based services. Working with state and federal entities to address workforce shortages.	current evidence-based and best practice training, consultation and technical assistance for the addiction and peer workforce to meet the needs of consumers. Continue to work with addiction and peer providers to address the workforce shortage.
Roundup Recharge; Now referred to as "Roundup Ready"	All workshop participants completed a post-survey via Qualtrics assessing likelihood and confidence in intervening during a substance-related medical emergency as well as 1-2 action steps their chapter plans to take to minimize risk. The Interfraternity Council (IFC) also collected open-ended, qualitative feedback from chapter presidents on overall impressions of the workshop experience.	Continue to collaborate with campus partners and students in the ongoing refinement of this workshop with the goal of expanding workshop facilitation to the UT Austin Panhellenic Council (UPC).
Healthyhorns Prescription Stimulant Misuse Prevention Initiative	<p>The Longhorn Wellness Center continued to partner with the Forty Acres Pharmacy in 2020-2021 on a "Protect Your Prescription" campaign. The campaign educated patients who received prescriptions for stimulants about how to protect their prescription and what to say if they are approached by other students to share their pills. "Protect Your Prescription" posters were hung in the Forty Acres Pharmacy's consultation bays and waiting room areas. Forty Acres Pharmacy closed permanently in fall 2021.</p> <p>When the Forty Acres Pharmacy closed, it also reduced access for students to acquire Narcan easily and free of cost. The Longhorn Wellness Center and SHIFT are working with Operation Naloxone out of the College of Pharmacy to increase access points in tandem with the messaging campaign. As of Spring 2022 Narcan is available in university libraries, including the Perry-Castaneda Library, with hopes to expand access points in other campus locations over the next biennium.</p>	<p>This campaign will be updated and will expand in various campus locations in 2022-2023.</p> <p>Throughout 2022-2023 a new health communication campaign will launch to increase awareness and access to overdose prevention materials and resources. Campaign materials and educational opportunities will be informed by data from the OSU Prescription Drug Study survey results from Spring 2022.</p> <p>Finally, expanding the reach and increasing participation in the "Prescription Drug Abuse Prevention" online educational module is another goal throughout 2022-2023. This pilot will inform a larger roll-out to more student groups across campus over subsequent years.</p>
Sorority and Fraternity New Member Programming	In the coming year, we will continue to partner with speakers that are high-caliber and have strong reputations of delivering strong messages to this specific audience, in addition to continuing to gather input from and	Continue to partner with speakers to offer a welcoming message as well as one that sets responsibilities of joining



	collaboration with our student leaders.	this community.
Cannabis Assessment and Screening and Intervention for College Students (CASICS) Program	We have collected data, but so few students have completed this new program it is hard to have highlights yet.	Work in increasing awareness and participation in the program. Increase participants by continuing to work with referral sources.
South Southwest Addiction Technology Transfer Center	The South Southwest ATTC center works to implement evidence-based practices in addiction recovery programs and to support the ongoing development of the recovery workforce.	Continue to research drug trends and provide current evidence-based and best-practice training, consultation and technical assistance for the workforce to meet the needs of consumers.
The SHIFT List: A Substance Use Safety Series for Student Organizations	Pilot of this program launched in Fall 2021. Approximately 550 students participated.  100% of participants said that the Substance Use 101 workshop would be either "very beneficial" or "somewhat beneficial" for other student groups	Program will expand to reach more student organizations and collect more data in order to maximize impact.
Alcohol Safety Bulletin Board	For AY 22, in response to the prompt, "I have learned about self-management from the bulletin boards in the residence halls," 39% of students surveyed agreed. Extrapolated, this represents approximately 2,800 residents being reached by these bulletin boards.	Continuing to refine how the information is presented in a concise way to capture more student interactions.
Campus Partner Pop-Up - Longhorn Wellness Center	Students had good take-aways, most were unrelated to AOD	Use the key themes from the survey to hone the information we provide and engage students with.
New Student Orientation Campus Safety Canvas Modules	2020: 99% agreed the Safety Module (which included the pre-recorded show) was effective in helping them think about personal safety and making them aware of resources available on campus to keep them safe.  2021: 93% agreed the Safety Module (which included the pre-recorded show) provided students with information on where to go on campus for safety resources.	Every year, we connect with departments on campus to update their content for the Campus Safety Module. For Summer 2023, we would once again connect with key stakeholders to make sure their page content remains accurate.
New Student Orientation Social Media Q&A: Campus Safety	Program data was not provided.	Gauge if it is something incoming students would like based on their questions on the "Class of" Facebook page. Have questions based on the questions that keep coming up that incoming students are interested in.
The Ohio State University's College	The College Prescription Drug Survey was administered at UT Austin in Spring 2022. 615	Further analyze data by demographics, including

Prescription Drug Study	students participated (a response rate of 12.3%). The data collected provides us a picture of student non-medical prescription drug use and perceptions of use on campus that will inform future programming.	school, to tailor possible messaging and programming. Develop communication materials to help share the data and engage more areas of campus in prescription drug misuse prevention.
Healthyhorns TXT	<p>From Spring 2022: HealthyhornsTXT is valued by students. 94.8% (n=852) of students found HHTXT somewhat or very valuable. The main reasons students indicated as reasons they like being signed up for HHTXT are entering to win the Torchy's gift card (n=577), receiving tips about staying healthy (n=478) and learning about campus resources (n=380).</p> <p>HealthyhornsTXT promotes healthy drinking behaviors, mental health and campus resources, among many other topics. Healthy drinking behaviors (n=552), mental health (n=387) and campus resources (n=344) for health and wellness were the top topics that students selected they learned the most about from HHTXT.</p> <p>HealthyhornsTXT promotes behavior change. 66.7% (n=696) of students changed their behavior based on a text they received from HHTXT. The most common behavior change (n=334) was incorporating something they learned from HHTXT into their day.</p>	Create a strategic messaging plan, continue partnering with a wide range of partners, consistently send texts tailored to student feedback and needs
Substance Use Safety Committee	Interdisciplinary group of staff, faculty, and students met monthly over the past two years to discuss opportunities to increase substance use safety across campus and identify strategic partnerships to help maximize impact.	Continue working together to identify gaps and opportunities as a way to cultivate a culture of care across campus.
National Hazing Prevention Week	Program data was not provided.	Program evaluation and engagement with social media are ways we will collect data in the coming years.
Thursday Thoughts	Program data was not provided.	This program has not continued in this same format, it was really pandemic related. We do, however plan to bring back our in-person engagements which covered much of this same content throughout the year.
Student Emergency Services	85% of students agreed or strongly agreed that they received resources and support they needed to manage the difficult situation as a result of interacting with Student Emergency	Our team has completed turned over, so we are focused on centralized training/professional

	Services.  85% of students agreed or strongly agreed that they feel better prepared to manage difficult situations in the future as a result of interacting with Student Emergency Services.	development as well as enhanced campus partnerships to provide students a seamless experience.
National Social Norms Center UCelebrate! Survey	Program data was not provided.	Information was not provided.
BeVocal: Bystander Intervention Initiative	Program data was not provided.	More consistent evaluation of workshops. Increase student engagement and trainings across campus.
Trainings by Health Promotion Professionals and Prevention Specialists	Program data was not provided.	These are one off trainings that staff do as requested.
CMHC Crisis Line	Program data was not provided.	N/A- it's a 3rd party vendor
CMHC Walk-in Crisis Services	Program data was not provided.	Information was not provided.
ACHA NCHA	Program data was not provided.	Information was not provided.

#### HOW AOD UNIT DIRECTORS VIEW UNIVERSITY PROGRAM EXCELLENCE AND GROWTH NEED

In response to the survey question regarding their view on program excellence, the following data were reported in the survey and are found in Tables 5.1 and 5.2.

**Table 5.1 Directors' View of University Program Excellence**

<b>Domains</b>	<b>Percentage</b>
SHIFT- UT Austin initiative	30
Providing information to students	25
Aligning efforts and collaborating across university colleges, schools and units	15
Tobacco Free Campus	15
Longhorn Wellness Center	15

Table 5.1 shows that AOD program directors indicated that areas that the University excels are SHIFT- UT Austin initiative (30%), providing information to students (25%), aligning efforts and collaborating across university colleges, schools and unites (15%), having a tobacco free campus (15%), and the Longhorn Wellness Center (15%).

**Table 5.2 Directors' View of University Program Growth Needed**

<b>Domains</b>	<b>Percentage</b>
Increase education, prevention, and peer support opportunities	47.1
Increase collaboration and expand community engagement	17.6
Develop campus-wide alcohol and other drug-related goals and policies	17.6
Interventions	11.8
More non-alcoholic social events for students	5.9

By contrast, Table 5.2 shows that AOD program directors indicated that areas that need improvement are increased education, prevention, and peer support opportunities (47.1%), reported as the highest priority for improvement, followed by increasing collaboration and expanding community engagement (17.6%), developing campus-wide alcohol and other drug-related goals and policies (17.6%), interventions (11.8%), and more non-alcoholic social events for students (5.9%).

## CONCLUSIONS

---

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

At the time of the 2022 Biennial Review, a need remains for a unified or central agency that directs or oversees the successes of the university in meeting its AOD goals. To support the efforts of the 2022 Biennial Review, we established an Advisory Group that advised and provided feedback on review process and final report. The nine-member advisory group consisted of UT Austin faculty, staff and student leaders. We found in the 2022 Biennial Review campus-wide efforts to provide university students, staff and faculty with data-supported, effective AOD programs and services utilizing various assessment strategies and methods.

The 2022 Biennial Review confirms findings reported in the 2020 Biennial Review and corresponding recommendations. For example, the 2020 Biennial Review found that UT Austin is actively engaged in meeting the procedural and substantive requirements set forth in the DFSCA regulations, as evidenced by outstanding AOD program and policy inventories, research, and reporting and enforcing AOD violations and sanctions. We continued the expanded Biennial Review Survey to collect data on program effectiveness, program improvement, and views of program excellence and need for growth. A total of 45 AOD programs were reviewed and analyzed.

Significant findings are summarized below:

1. During the 2020-2021 academic year, there were a total of 105 alcohol and 14 drug violations. During the 2021-2022 academic year, there were a total of 145 alcohol and 12 drug violations.
2. Nearly 84% of UT Austin AOD programs conduct assessments, using a variety of assessment methods, including quantitative, qualitative and mixed methods. Only 16% of AOD program assessments were unspecified.
3. 91% of programs were reported as either very effective or somewhat effective. Fewer than 9% described their programs as neither effective nor ineffective.
4. 40% of respondents felt that their programs should continue unchanged, while 47% of respondents indicated that their programs could be increased or improved.
5. Respondents indicated the top two areas of program excellence were: SHIFT- UT Austin initiative and providing information to students.
6. Respondents indicated that two areas most in need of growth were: increase education, prevention, and peer support opportunities; and increase collaboration and expand community engagement.

## RECOMMENDATIONS

---

In line with the 2022 Biennial Review and Drug-Free Schools and Communities Act (DFSCA) Regulations, following are our recommendations:

1. Create a task force charged with developing a strategic plan that results in centralizing data, effectively aligning efforts, maintaining accountability, and overseeing the implementation and assessment of crucial programming related to AOD. The task force should consider the following tasks and responsibilities in conducting the 2024 Biennial Review:
  - a. Develop clear, distinctive and specific campus-wide, collaborative AOD-related goals and objectives.
  - b. Develop and conduct a campus-wide, collaborative Biennial Review Online Survey.
  - c. Monitor and respond to AOD-related trends as they impact the campus community.
  - d. Monitor campus-wide efforts to continuously improve and document the overall success of the university in meeting its goals.
  - e. Increase awareness and utilization of existing AOD programs, initiatives, and resources on campus and work to connect with the campus community.
  - f. Strengthen the university's ability to assess AOD programming, such as developing a strategic assessment plan, assessment cycle and timeline.
  - g. Support units in the development of assessment plans that complement their programming goals, activities, programming and outcomes.
  - h. Expand the AOD policies inventory to include regulations around alcohol and events (e.g., the Law School or graduate programs) that are specific to schools, colleges and other academic units on the campus.
  - i. Ensure polysubstance use and harm reduction language is incorporated throughout the university's reporting.
  - j. Identify campus programs that align with national best practices set forth by the DEA and SAMHSA in the Strategic Prevention Framework (SPF) and the College AIM, amongst other evidenced-based practices that may be relevant.
  - k. Identify gaps in programming, access and effectiveness. The current review suggested that units employ data generation and gathering of both qualitative and quantitative data, conduct trends and thematic analyses, and other research methods, to determine effectiveness.
2. Work with Student Conduct and Academic Integrity staff to enhance efforts to demonstrate consistency with the use of sanctions across the campus and student populations. Suggestions include: explaining differences among sanctions (e.g., deferred suspension and suspension) and types of actions; showing enforcement either through a holistic, equitable approach or a standard system; improving understanding of the infrastructure that is put into place for determining a resolution; including historical data from previous reports for comparison (for example, violations in past years correlated with the past two years of the current biennial review); and contextualizing and outlining the infrastructure surrounding violations and the sanctions that may come with them.
3. Develop a comprehensive public health approach to AOD-related programming that integrates diversity, equity and inclusion to meet the needs of the university's diverse populations of students, faculty and staff.
4. Create an online data collection tool that is collected regularly and tracks the status and progress of AOD-related programming and services.

## ACKNOWLEDGMENTS

Certain UT Austin faculty and staff provided required information for the 2022 Drug-Free Schools and Communities Act Biennial Review. These individuals contributed to this report via the Biennial Review Information Collection Survey, the data-gathering process to assess the reach, effectiveness and equity of services provided, as well as, developing plans to set a vision for what can be improved in Alcohol and Other Drug (AOD) programming across the university. The Vice President for Student Affairs Office, in partnership with the University Compliance Office, collects these data from department and unit representatives to prepare the 2022 Biennial Review on even-numbered years. These individuals were instrumental in providing up-to-date descriptions for the AOD programs, services and policies at UT Austin, describing the functions of programs, individuals reached in academic years 2020-2021 and 2021-2022, and explaining how the effectiveness of AOD programs were assessed. Contributors also proposed improvements to the programming and services offered, as well as, suggested updates to the research and policies over the next two years (2022-2023; 2023-2024). We thank the following UT Austin faculty and staff for their participation in the 2022 Drug-Free Schools and Communities Act Biennial Review:

### CENTER FOR STUDENTS IN RECOVERY

Lilly Ettinger  
Director

### COLLEGE OF PHARMACY

Lucas Hill, PharmD  
Clinical Associate Professor

### HEALTHYHORNS (UNIVERSITY HEALTH SERVICES, COUNSELING AND MENTAL HEALTH CENTER, LONGHORN WELLNESS CENTER & SHIFT)

Susan Hochman  
Associate Director, Assessment, Communication and Data Informatics

Kate Lower  
Director, SHIFT Program

Ginny Maril, PhD  
Associate Director, Clinical Services

Brittany O'Malley  
Assistant Director for Prevention and Wellness  
Lecturer

Kathryn Redd, MPH, MSW  
Associate Director, Prevention, Development & Media Relations  
Lecturer

### INTERCOLLEGIATE ATHLETICS

Lori Hammond  
Senior Associate Athletics Director, Athletics Risk Management and Compliance Services

Allen Hardin  
Chief Medical Officer  
Athletics Camp Specialist, Sports Medicine

#### NEW STUDENT SERVICES

Desiree Alva, PhD  
Director of Student Programming and Assessment

#### OFFICE OF THE ASSOCIATE VICE PRESIDENT FOR HUMAN RESOURCES

Susan C. Harnden  
Director of HealthPoint

#### STUDENT CONDUCT AND ACADEMIC INTEGRITY

Katie McGee  
Executive Director

Kia Hill  
Assistant Director

Melissa Jones-Wommack  
Associate Director

Brittany Williamson  
Student Conduct Case Manager

#### STUDENT EMERGENCY SERVICES

Kelly Soucy  
Director

#### SORORITY AND FRATERNITY LIFE

Marilyn Russell  
Director

#### STUDENT ACTIVITIES

Sade Dawson-Love  
Interim Director

#### VETERAN AND MILITARY AFFILIATED SERVICES

Jeremiah Gunderson  
Director

#### PARKING AND TRANSPORTATION SERVICES

Blanca Gamez, Ph.D.  
Associate Director

Dennis Delaney  
Assistant Director

#### SCHOOL OF SOCIAL WORK; SCHOOL OF UNDERGRADUATE STUDIES

Lori Holleran Steiker, PhD  
Associate Dean and Professor School of Undergraduate Studies School of Social Work  
Director of UGS Instruction, Engagement and Wellness  
Steve Hicks Professor in Addictions and Substance Abuse Services

#### UNIVERSITY HOUSING AND DINING

Aaron Voyles, EdD  
Director, Residence Halls Operations  
Clinical Assistant Professor Educational Leadership and Policy



UNIVERSITY UNIONS

Mulugeta Ferede  
Executive Director

Jennifer Zamora  
Director of Student Programming

James Buckley  
Director of Facilities and Operations

WAGGONER CENTER FOR ALCOHOL AND ADDICTION RESEARCH

Stephanie Sy  
Executive Assistant

## 2022 BIENNIAL REVIEW ADVISORY GROUP

We also thank the students, staff and faculty who served as 2022 Biennial Review advisors. In these roles, these individuals provided valuable comments and feedback regarding the procedural and substantive compliance of notification, regulations and biennial review content. The advisory group members also worked closely with the 2022 Biennial Review authors on recommendations, as required in the Drug-Free Schools and Community Act regulations, to inform next steps and responsibilities for annual notice and the 2022 Biennial Review. The following individuals were asked to serve on the 2022 Biennial Review Advisory Group.

Brittany A. O'Malley  
Assistant Director for Prevention and Wellness  
Healthyhorns (University Health Services, Counseling and Mental Health Center, Longhorn Wellness Center & Shift)

Brooke Bulow  
Executive Director of Communications  
Vice President for Student Affairs Office

Jess Cybulski  
Director of Communications Operations  
Vice President for Student Affairs Office

Carol Longoria  
Deputy to the Vice President for Student Affairs  
Vice President for Student Affairs Office

Celena Mondie-Milner, PhD  
Associate Vice President, Strategy and New Student Support  
Vice President for Student Affairs Office  
Executive Director, New Student Services  
Assistant Professor of Practice, Educational Leadership and Policy

Kate Lower  
Director, SHIFT Program  
Healthyhorns (University Health Services, Counseling and Mental Health Center, Longhorn Wellness Center & Shift)

Kathryn Redd, MPH, MSW  
Associate Director, Prevention, Development & Media Relations  
Lecturer  
Healthyhorns (University Health Services, Counseling and Mental Health Center, Longhorn Wellness Center & Shift)

Megan Krou, PhD  
Associate Director of Assessment & Data Analytics  
Vice President for Student Affairs Office

Susan Buckenmeyer, MEd  
Associate Dean/Director of Special Projects  
Office of the Dean of Students

Audrey M. Sorrells, PhD  
Former Associate Dean of Students for Research & Interim Director of Assessment & Data Analytics  
Vice President for Student Affairs Office  
Former Associate Professor and Area Coordinator  
Equity and Diversity in Special Education, College of Education

### Students

Jenny Ainsworth  
Health & Society Major  
Government/Liberal Arts Honors Program Major, College of Liberal Arts

Lira Amari Ramírez  
Latin American Studies & Humanities Major, College of Liberal Arts