



TEXAS

The University of Texas at Austin

# Drug-Free Schools and Communities Act

2024 Biennial Review

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## EXECUTIVE SUMMARY

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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 misuse 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 AOD, and recovery and support for all those negatively affected by AOD. In compliance with the Drug-Free Schools and Communities Act, UT Austin publishes information regarding the University's educational programs related to AOD misuse prevention; sanctions for violations of federal, state and local laws, and University policy; a description of health risks associated with AOD 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, faculty and staff via e-mail from the Division of Student Affairs and Human Resources.

The 2024 Biennial Review is a summary of programs, policies and services for the 2022-2023 and 2023-2024 academic years. Documentation in the report is a compilation of self-reported efforts from a variety of University units who 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 2024 Biennial Review.

Significant findings of the 2024 Biennial Review are summarized below:

- During the 2022-2023 academic year, Student Conduct and Academic Integrity reported a total of 67 alcohol and 15 drug violations. During the 2023-2024 academic year, there were a total of 57 alcohol and nine drug violations by students.
- Based on survey results, nearly 85.7% of UT Austin AOD programs conduct assessments, using a variety of assessment methods, including quantitative, qualitative and mixed methods. Only 14.3% of AOD program assessments were unspecified.
- 89.3% of programs were reported as either very effective or somewhat effective. Only 10.7% described their programs as neither effective nor ineffective.
- 50.0% of respondents felt that their programs should continue unchanged, while 35.7% of respondents indicated that their programs could be increased or improved.
- Respondents indicated the top two areas of program excellence were 1) programming such as SHIFT, SHIFT Makers, Center for Students in Recovery and Operation Naloxone; and 2) general prevention efforts.
- Respondents indicated that two areas most in need of growth were: increase collaboration between subject matter experts and increase prevention efforts focused on harm reduction.

In line with the 2024 Biennial Review and Drug-Free Schools and Campuses Regulations and feedback from the 2024 Biennial Review Advisory Group, the recommendations were:

- Continue to utilize and promote a comprehensive public health approach through collaboration with campus partners and stakeholder engagement.
- Student Conduct and Academic Integrity staff should continue the practice of consistency with the use of sanctions across the campus and student populations.
- Develop a strategic timeline for communication about AOD resources to students throughout their journey.
- Increase consistency in the administration and quality of the assessments of AOD programs.

## INTRODUCTION TO THE UNIVERSITY OF TEXAS AT AUSTIN

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The University of Texas at Austin ranks among the 34 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 five health institutions statewide. As Texas' leading research university, in fiscal year 2023, The University of Texas at Austin spent \$1.04 billion on research with over 75.0% coming from external sources (<https://www.utexas.edu/about/facts-and-figures>; <https://www.utsystem.edu/about>).

The University was founded in 1883 and is now a 431-acre main campus. Its off-campus research sites 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 Laboratory. (<https://www.utexas.edu/about/facts-and-figures>; <https://www.utexas.edu/research/off-campus-research-sites> )

The University serves a large population of more than 53,000 students from across the United States and 130 countries and has over 18,000 faculty and staff. The University has over 1,000 student organizations, including educational, sports, cultural and health-related interests (<https://reports.utexas.edu/>; <https://www.utexas.edu/about/facts-and-figures>; <https://reports.utexas.edu/spotlight-data/faculty>; <https://hr.utexas.edu/current/trends-staff-data>).

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 10 public universities, according to U.S. News & World Report, with more than 20 undergraduate programs and 42 graduate programs nationally-ranked in the Top 10 (<https://news.utexas.edu/2023/09/18/ut-continues-upward-climb-in-latest-u-s-news-undergraduate-rankings/>; <https://news.utexas.edu/2024/04/09/uts-excellence-and-impact-on-display-in-latest-graduate-school-rankings/>).

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 AOD misuse 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

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### Mission

“The mission of The University of Texas at Austin is to achieve excellence in the interrelated areas of undergraduate education, graduate education, research and public service. The University provides superior and comprehensive educational opportunities 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.”

(<https://www.utexas.edu/about/mission-and-values>)

The University is committed to the well-being, growth and knowledge of its students and employee through ensuring a campus free of illicit and misuse of AOD. UT Austin endeavors to provide the necessary resources for the fair enforcement of all relevant rules and regulations, education about the effects of AOD, and recovery and support for all those negatively affected by AOD.

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### Core Purpose

“To transform lives for the benefit of society.”

### Core Values

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

(<https://www.utexas.edu/about/mission-and-values>)

### Student Honor Code

#### “Affirmation

I pledge, as a member of The University of Texas community, to do my work honestly, respectfully, and through the intentional pursuit of learning and scholarship.

#### Elaboration

- I pledge to be honest about what I create and to acknowledge what I use that belongs to others.
  - I pledge to value the process of learning in addition to the outcome, while celebrating and learning from mistakes.
  - This code encompasses all of the academic and scholarly endeavors of the university community.”
- (<https://deanofstudents.utexas.edu/conduct/standardsofconduct.php>)

### 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.”

(<https://deanofstudents.utexas.edu/conduct/standardsofconduct.php>)

## CORE PURPOSE AND MISSION: DEPARTMENTAL

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Each department and unit 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 and units 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 AOD. The unit offers ongoing support, a community of peers in recovery, and a dedicated physical space for students in recovery or seeking recovery. Participation in this inclusive community is free and completely voluntary. The unit 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** supports undergraduate, graduate and professional students through assessment and referral, group and individual counseling, psychiatry and well-being services. The team provides high quality, innovative and culturally informed mental health programs and services that enhance and support students' well-being, and academic and life goals. 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 misuse. It does not provide formal substance misuse disorder treatment or medically-supervised detoxification services. However, the department offers resource information for outpatient and residential treatment and provides formal substance misuse disorder assessments with a licensed counselor. Education and guidance are also available to parents, faculty and staff.

**Employee Assistance Program (EAP)** strives to transform lives and improve personal and organizational effectiveness for the benefit of the entire UT Austin community. They provide health expertise, promote wellness and help develop solutions to life's challenges. They do this by providing brief counseling and consultation services, crisis intervention, assessment and referral, educational and training programs and supervisory consultation.

**Longhorn Wellness Center** 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 misuse 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 substance misuse prevention related work.

**New Student Services** spearheads orientation for thousands of students and families each year. The student program focuses on ensuring they successfully transition to campus and register for classes. Included in their required information is content covering Healthyhorns, BeVOCAL bystander intervention, campus safety resources, and education on other related University services. The family program provides resources and information that help families support their students, offering a similar set of opportunities for families. The department also leads programs to promote academic success, student engagement, and student leadership opportunities throughout the year.

**Occupational Health Program (OHP)** partners with the employee, Environmental Health & Safety (EHS), and Human Resources (HR) to understand working conditions and to ensure that precautions are taken to protect the University's most valuable asset — our employees. They provide health risk assessments, lab safety programs, job related health risk counseling, medical clearance and job specific fit testing, tuberculosis screening, drug testing, and vaccinations. They also provide follow-up of work-related injuries and illnesses and fitness for duty consultations.

**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:

**Organizational Development and Risk Reduction (ODRR)** provides proactive anti-hazing education and training, safety education for all student organizations, and support to create positive, successful student organizations on campus. ODRR implements the flagship Successful Student Organization Program (SSOP), which incorporates a curriculum of nine dimensions to help student organizations reduce potential high-risk behavior by reinforcing positive culture.

**Sorority and Fraternity Life (SFL)** fosters responsible leadership and personal development within the sorority and fraternity community through education, coaching, and collaboration with individuals and organizations. SFL is committed to advancing a supportive environment that strengthens a sense of belonging, and aligns members' actions with their shared values, ensuring a holistic and enriching college experience. This unit serves as the University liaison to the following registered student organization governing councils and their member organizations: Interfraternity Council (IFC), Latino Pan-Hellenic Council, National Pan-Hellenic Council, Texas Asian Pan-Hellenic Council, University Panhellenic Council (UPC) and Affiliate Leadership Circle.

**Student Activities** educates, supports and advocates for all students to facilitate their growth and development through involvement in student organizations. Student Activities full-time and student staff provide resources, guidance, and leadership development opportunities to help student organizations thrive and make a positive impact within our university community.

**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 Outreach and Support (formerly 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 (VMAS)** 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 equips 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 misuse 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 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 Austin. SHIFT engages students, faculty, staff and the entire UT Austin 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.

**Strategic Workforce Solutions – Human Resources.** The mission of central Human Resources' Strategic Workforce Solutions (SWS) unit is to consult with staff in colleges, schools and administrative units regarding performance management, conflict resolution, flexible workplace and staffing strategies, employee morale and satisfaction, and departmental effectiveness. Departments consult when they are concerned about alcohol use impacting the performance and conduct of staff.

**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** is the on-campus medical facility for undergraduate, graduate and professional students. The team offers comprehensive healthcare services, public health education, campuswide immunization clinics and leadership for emergent health issues.

**University Housing and Dining** cultivates Living Learning Communities that foster student engagement, growth and success at the University. The department conducts alcohol- and drug-related educational programming, in partnership with University departments, within residence halls to raise awareness of the resident population. In addition, University Housing and Dining creates bulletin boards to educate students on alcohol and drug related data and risks. University Housing and Dining has Naloxone available at resident hall desks.

**University of Texas Police Department** employs more than 165 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

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The University of Texas at Austin is committed to maintaining an AOD prevention program for its students and employees. The objective of this report is to document the university's alcohol and other drugs efforts toward compliance with the Drug-Free Schools and Communities Act. In this section is an overview of the major goals of this report and the steps taken to achieve these goals.

### Goals

- Be in compliance with the Drug-Free Schools and Communities Act by ensuring annual notification is sent out accordingly.
- Document consistency of AOD sanctions.
- Evaluate AOD programs to ensure best practices.

### Report Overview

The 2024 Biennial Review is a summary of programs, policies and services for the 2022-2023 and 2023-2024 academic years. This Biennial Review includes the following:

- Overview of the research on the potential impact of the misuse of AOD on individuals.
- Description of alcohol and drug programming offered on the University campus.
- Identification of intervention, treatment and recovery assistance, other resources and research available to the campus community.
- Discussion 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.
- Documentation of all alcohol and drug cases adjudicated at the institution and the accompanying sanctions issued for these violations.
- Review of the University's alcohol- and drug-related policies, procedures, programming and intervention methods.
- Presentation of reported programming effectiveness and plans for improvement.
- Recommendations for improving alcohol- and drug- related policies, procedures, programs and overall coordination.

Documentation in the report was achieved by compiling self-reported efforts from a variety of University units who 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.

## COLLEGE STUDENTS: ALCOHOL AND OTHER DRUGS USE AND MISUSE

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Widespread drinking patterns and other drug misuse endemic to college students are well documented (National Institute on Alcohol Abuse and Alcoholism (NIAAA), 2024). For some college students, drinking has become a ritual and viewed as an integral part of their higher education experience. In a national survey, the Substance Abuse and Mental Health Services Administration found that three of four college-aged respondents (ages 18-25) drink alcohol. Nearly 50 percent of this demographic drank alcohol in the past month, and about 29 percent engaged in binge drinking during the same time. In fact, eight percent of college-aged respondents engaged in heavy alcohol use, meaning they engaged in binge drinking five or more times in the past month (National Survey on Drug Use and Health (NSDUH), 2022).

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, 2024). 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, 2024). It is not uncommon for college students to experiment with different substances during their days in college. However, substance misuse 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 surveyed college students about their drug use and found that 11 percent of college students used marijuana/cannabis daily, compared to 6.0% in 2011 (Patrick, et al., 2021). Besides marijuana/cannabis use, many other drugs are at the forefront of college student drug use and misuse. The rising use of opioids, particularly fentanyl, is of concern. Due to the potency of fentanyl, a single use can be fatal, accounting for almost 70.0% of all drug overdoses in 2022. While most students have heard of fentanyl, many students had little knowledge of the epidemic (Gold et al., 2023).

College students' substance misuse shows the use of stimulants is also high. For instance, according to the National Survey on Drug Use and Health (Substance Abuse and Mental Health Services Administration (SAMHSA), 2017: 207) in 2016 over 250,000 college-age students reported using methamphetamine in the previous year. In addition, 85.7% of college-aged students stated they received stimulants from a friend (SAMHSA, 2017: 1601). Likewise, Adderall and Ritalin, for example, have become well-known stimulants for college students; 6.9% of college students reported use of Adderall in 2022, which is a slight decrease in use from 2017 (8.2%) (Patrick, et al., 2023). Adderall addiction is now a common concern among college students. In one study of 1,300 college students, 25.0% admitted to using stimulants to help them study, yet only 9.0% 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 AOD for more of a "high." Students surveyed reported that 16.0% of college-age students had used pain pills that were not prescribed to them. This percentage increased to 23.0% 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. Research has also shown that students who use stimulants were more likely to use cannabis (Fossos-Wong, et al., 2021).

The data show that college is a time for increased risk for substance misuse and the consequences are glaring. Consequences of substance misuse among college students include alcohol-related deaths/injuries, arrests, unplanned sex, sexual violence, fights, poorer health and academic problems. The 2022 NSDUH revealed the following: 1,519 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; and 20.0% of women experienced sexual assault during their time in college, with the majority of incidences being related to alcohol or other substance uses. Additionally, approximately 15.0% of college students meet the criteria for Alcohol Use Disorder (AUD) and about one in four 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 2024).

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 misuse and misuse and use disorders to continue their studies. Many college students, however, fail to seek help because of social stigma. According to one study, only 9.0% of college students with a substance use disorder sought help (Caldeira et al., 2009). Alcohol and other drugs programming and intervention methods may reduce alcohol and drug misuse among college students and improve their academic outcomes and success.

## HEALTH RISKS OF ALCOHOL AND OTHER DRUGS

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

### Alcohol's Effects on the Body

Research suggests that excessive alcohol consumption has serious negative effects on an individual's health (NIAAA, 2022; World Health Organization (WHO), 2022). Some risks associated with drinking alcohol include a variety of mental and behavioral disorders, diseases and cancers (WHO, 2022). Listed below are specific health complications that are linked to excessive alcohol consumption.

### Brain

According to the NIAAA (2022), alcohol hampers the brain's communication pathways, affecting its appearance and operation. This interference impairs areas responsible for balance, memory, speech and judgment, increasing the risk of injuries and other adverse effects. If an individual were to abuse alcohol, they are prone to experiencing alcohol-induced blackouts, an event in which memory consolidation is temporarily blocked, or alcohol overdose, where alcohol in the bloodstream will begin to shut down basic brain functions.

### Heart

Individuals who consume alcohol risk damage to their heart and blood vessels. Some of these risks include hypertension, coronary heart disease, stroke, peripheral arterial disease and cardiomyopathy (Piano, 2017). Research has shown those who consume over the standard amount of alcohol are prone to these detrimental effects on the cardiovascular system.

### Immune System

Clinicians have long noted a link between heavy alcohol use and adverse immune-related health outcomes, including increased susceptibility to pneumonia, acute respiratory distress syndrome (ARDS), sepsis, alcoholic liver disease (ALD), and certain cancers. Additionally, heavy drinkers experience higher rates of postoperative complications, slower recovery from infections and physical trauma, and poor wound healing. (Sarkar et al., 2015)

### Liver

Heavy drinking can also cause severe damage to the liver. Walker (2024) lists the three main stages of alcohol-related liver disease:

- **Fatty liver:** An early stage of excessive alcohol consumption where fat accumulates in the liver. Side effects include elevated liver enzymes, fatigue and liver enlargement.
- **Alcoholic hepatitis:** Continued drinking can progress fatty liver to hepatitis, characterized by widespread liver inflammation, cell necrosis, scarring and fibrosis. Symptoms include pain, weakness, fever, nausea, jaundice and abdominal distension.
- **Alcoholic cirrhosis:** Further misuse of alcohol can lead to the breakdown of normal liver tissue and disrupt proper liver functions. As a result, scar tissue is used in place of normal liver tissue. Its effects include shrunken liver, enlarged spleen, portal hypertension, intestinal bleeding, worsening jaundice, fluid retention, and confusion (hepatic encephalopathy).

Individuals with any form of alcohol-induced liver disease are at increased risk of liver cancer, severe infections and renal problems, especially those with cirrhosis.

### Pancreas

Miller (2024) explains that heavy alcohol consumption has been associated with a higher risk of acute or chronic pancreatitis, a severe inflammatory condition of the pancreas that can be life-threatening. Acute

pancreatitis is characterized by the abrupt onset of inflammation of the pancreas. Repeated episodes can induce persistent inflammatory alterations in the pancreas and nearby tissues, increasing the risk of chronic pancreatitis. This condition is marked by recurring abdominal pain, eventual loss of digestive functions and even diabetes.

### Cancer

According to the National Toxicology Program of the U.S. Department of Health and Human Services, the consumption of alcoholic beverages is known as a human carcinogen. Research evidence suggests higher levels of alcohol consumption, especially regular and sustained intake over time, correspond to an increased risk of developing alcohol-associated cancers. The National Cancer Institute (NCI) (2021) lists the following associated cancers below:

- **Head and neck cancer.** “Moderate drinkers exhibit a 1.8-fold higher likelihood of developing cancers of the oral cavity (excluding lips) and pharynx, and a 1.4-fold higher likelihood of laryngeal cancer compared to non-drinkers. The risks are even greater for heavy drinkers, who face a 5-fold increase in the risk of oral cavity and pharyngeal cancers, and a 2.6-fold increase in the risk of laryngeal cancers” (NCI, 2021).
- **Esophageal cancer.** “According to the National Cancer Institute (2021) alcohol consumption at any level is linked to an elevated risk of esophageal squamous cell carcinoma. Compared to those who do not drink alcohol, individuals who engage in light drinking face a 1.3-fold higher risk, while heavy drinkers experience a nearly 5-fold higher risk. Moreover, individuals who have inherited deficiencies in an enzyme responsible for alcohol metabolism are particularly susceptible to increased risks of esophageal squamous cell carcinoma if they consume alcohol” (NCI, 2021).
- **Liver cancer.** “Heavy alcohol consumption is correlated with approximately a doubling of the risk for two types of liver cancer: hepatocellular carcinoma and intrahepatic cholangiocarcinoma. Compared to non-drinkers, heavy drinkers face roughly a 2-fold higher likelihood of developing these cancers.” (NCI, 2021).
- **Breast cancer.** “Epidemiological research consistently shows a heightened risk of breast cancer associated with higher levels of alcohol consumption. Pooled data from 118 studies reveals that compared to non-drinkers, light drinkers face a slightly increased (1.04-fold higher) risk of breast cancer. The risk escalates further among moderate drinkers (1.23-fold higher) and heavy drinkers (1.6-fold higher). A prospective analysis involving 88,000 women in two U.S. cohort studies indicated that for women who have never smoked, light to moderate alcohol consumption was linked to a 1.13-fold increased risk of alcohol-related cancers, primarily breast cancer” (NCI, 2021).
- **Colorectal cancer.** “Moderate to heavy alcohol consumption is linked to a 1.2- to 1.5-fold increased risk of cancers affecting the colon and rectum compared to individuals who do not consume alcohol” (NCI, 2021).

## DRUG MISUSE EFFECTS ON THE BODY

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All controlled substances have misuse potential or may be immediate precursors to substances with misuse potential. The Drug Enforcement Administration includes in its Drugs of Abuse Resource Guide (2022) how these drugs and substances, when misused, can affect the human body below.

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

Besides its primary use of treating issues like anxiety, pain and diarrhea, the misuse of narcotics/opioids can lead to various harmful effects. Depending on its dosage and previous experience with the drug, its effects can include “slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting and slowed breathing” (Drugs of Abuse Resource Guide 2022: 51). If a user were to overdose on the drug, they would experience “constricted (pinpoint) pupils, cold clammy skin, confusion, convulsions, extreme drowsiness and slowed breathing” (Drugs of Abuse Resource Guide 2022: 51).

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

#### *Effects on the Mind*

When used without medical supervision, stimulants are often used to induce feelings of exhilaration, boost self-esteem, enhance mental and physical performance, increase activity levels, suppress appetite, prolong wakefulness and achieve a euphoric state. Chronic and high-dose usage is frequently linked to symptoms such as agitation, hostility, panic, aggression, and tendencies toward suicidal or homicidal behavior. Paranoia, sometimes accompanied by auditory and visual hallucinations, can also manifest.

Rapid development of tolerance, where increasingly higher doses are needed to achieve the desired effects, is common, leading to psychological dependence. The most potent stimulants, including amphetamine, methylphenidate, methamphetamine and cocaine, are associated with the strongest psychological dependence. Abrupt discontinuation of these substances often results in symptoms such as depression, anxiety, intense drug cravings and extreme fatigue, known as a “crash.”

#### *Effects on the Body*

Stimulants, often called uppers, temporarily counteract fatigue in both mental and physical activities. At therapeutic levels, they can induce feelings of exhilaration, prolonged wakefulness and reduced appetite. These effects become significantly more pronounced with high doses of stimulants. However, taking substantial doses at once or over an extended period can lead to physical side effects such as dizziness, tremors, headaches, flushed skin, chest pain with palpitations, excessive sweating, vomiting and abdominal cramps.

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

#### *Effects on the Mind*

Depressants are prescribed to fulfill specific purposes such as inducing sleep, alleviating anxiety and muscle spasms and preventing seizures. Additionally, they have effects such as causing amnesia, slowing reaction times, impairing mental function and judgment, and inducing confusion. Long-term usage of depressants can lead to psychological dependence and tolerance, where increasingly higher doses are needed to achieve the same effects.

#### *Effects on the Body*

Though some depressants have the ability to relax muscles, they also carry unwanted physical effects such as slurred speech, loss of motor coordination, weakness, headaches, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure and slowed breathing. Moreover, prolonged use of depressants can result in physical dependence, even when taken at doses recommended for medical treatment. Withdrawal from depressants can be life-threatening, unlike the withdrawal syndrome typically observed with most other drugs of misuse.

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

### *Effects on the Mind*

The sensory effects of hallucinogens include perceptual distortions that can vary depending on the dose, environment, and the individual's mood. Psychologically, these substances induce distortions in thought related to concepts of time and space. Following the use of some hallucinogens, individuals may develop a rare condition known as Hallucinogen Persisting Perception Disorder (HPPD), or they may experience "flashbacks." HPPD involves sporadic recurrences of certain aspects of the hallucinogenic experience even when the drug is not currently being used. The onset of HPPD is unpredictable but may be more likely during periods of stress and appears to occur more frequently among younger people.

### *Effects on the Body*

Physiological effects of hallucinogens typically include elevated heart rate, increased blood pressure, dilated pupils, nausea and vomiting.

## *Marijuana/Cannabis*

### *Effects on the Mind*

When marijuana is smoked, its active ingredient THC enters the bloodstream via the lungs. It travels throughout the body, including the brain, where it binds to cannabinoid receptors on nerve cells, influencing their activity. Many of these receptors are located in brain regions that regulate pleasure, memory, thought processes, concentration, sensory perception, and coordinated movement. Short-term effects of marijuana include difficulties with memory and learning, distorted perception, impaired thinking and problem-solving abilities, and loss of coordination. These impairments in perception and coordination can lead to serious issues in education, associative processes, and psychomotor functions, such as driving. Long-term effects of marijuana can result in physical dependence and withdrawal symptoms upon cessation, as well as psychological addiction or dependence.

Common responses to cannabinoids, as reported in scientific literature, include initial side effects such as dizziness, nausea, rapid heartbeat, facial flushing, dry mouth and tremors. Individuals may experience merriment, happiness and even exhilaration at higher doses. Other effects include disinhibition, relaxation, increased sociability, talkativeness and enhanced sensory perception leading to a greater appreciation of music, art and touch. Users may also report heightened imagination, a subjective sense of increased creativity, time distortions, and occasionally illusions, delusions or hallucinations at high doses. Impaired judgment, reduced coordination (ataxia), and increased risk-taking behavior can also occur, which may impair driving ability. Emotionally, users may experience mood swings, incongruity of affect, dysphoria, disorganized thinking, illogical conversations, agitation, paranoia, confusion, restlessness, anxiety, drowsiness or panic attacks, particularly in inexperienced users or those who ingest large doses. Increased appetite and short-term memory impairment are also common effects of marijuana use.

### *Effects on the Body*

Short-term physical effects of marijuana use can include sedation, bloodshot eyes, increased heart rate, coughing due to lung irritation, heightened appetite, and elevated blood pressure (although prolonged use may lead to decreased blood pressure). Individuals are prone to serious health issues such as bronchitis, emphysema and bronchial asthma. Extended use of marijuana may also result in suppression of the immune system. Withdrawal symptoms from chronic use of high doses can include physical manifestations such as headaches, shakiness, sweating, stomach pains and nausea. Behavioral signs of withdrawal may encompass restlessness, irritability, difficulty sleeping and decreased appetite. These symptoms underline the physical and behavioral consequences associated with prolonged and heavy marijuana use.

## *Steroids*

### *Effects on the Mind*

Case studies and scientific research indicate that high doses of anabolic steroids can induce significant mood and behavioral changes. Some individuals may experience dramatic mood swings, heightened feelings of hostility, impaired judgment and increased aggression, colloquially known as "roid rage."

Upon discontinuation of steroid use, users may undergo severe depression, which in some cases can



lead to suicidal thoughts or actions. Additionally, anabolic steroid use has been associated with psychological dependence and addiction, highlighting the potential for these substances to lead to long-term behavioral and mental health issues.

### Effects on the Body

The use or abuse of anabolic steroids is associated with a wide range of adverse effects, influenced by factors such as age, sex, the specific steroid used, dosage and duration of use.

In adolescents, anabolic steroid use can hinder potential growth, potentially reducing final adult height. Boys may experience early sexual development, acne and stunted growth. Adolescent girls and women may undergo permanent physical changes like deepening of the voice, increased facial and body hair growth, irregular menstrual cycles, male pattern baldness and clitoral enlargement.

In men, anabolic steroid use can lead to testicular shrinkage, reduced sperm count, enlargement of breast tissue (gynecomastia), infertility and an elevated risk of prostate cancer. Both men and women who use anabolic steroids may experience elevated cholesterol levels, heightening the risk of coronary artery disease, strokes and heart attacks. Additional common side effects include acne and fluid retention, with oral steroid preparations posing a particular risk of liver damage.

Injecting anabolic steroids increases the likelihood of contracting infections due to non-sterile injection techniques, sharing contaminated needles, or using steroids prepared in unsterile environments. These practices heighten the risk of viral infections such as HIV/AIDS or hepatitis B or C, as well as bacterial infections at the injection site. Users may also develop endocarditis, a bacterial infection causing potentially life-threatening inflammation of the heart lining. These risks underscore the severe health consequences associated with anabolic steroid abuse.

### Inhalants

#### Effects on the Mind

Inhalant misuse can lead to significant damage in brain regions responsible for cognitive functions such as thinking, movement, vision and hearing. The cognitive impairments resulting from inhalant abuse can vary widely, ranging from mild deficits to severe dementia-like symptoms.

#### Effects on the Body

When inhaled, chemicals are absorbed through the lungs into the bloodstream and rapidly distributed to the brain and other organs. Nearly all inhalants exert effects akin to anesthetics, which depress the body's functions. Depending on the extent of misuse, users may experience mild stimulation, reduced inhibitions, or loss of consciousness. Individuals typically experience intoxication along with effects similar to alcohol, such as slurred speech, impaired coordination, euphoria and dizziness. After heavy use, users may feel drowsy for several hours and often endure lingering headaches. Prolonged sniffing of concentrated chemicals found in solvents or aerosol sprays can induce irregular and rapid heart rhythms, leading to heart failure and potentially death within minutes of exposure. Long-term inhalant abuse manifests in various symptoms, including weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs. While some of the harmful effects on the body may partially reverse upon cessation of inhalant misuse, many are irreversible after prolonged use.



## PROGRAM INVENTORY: PREVENTION AND EDUCATION

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Given the potential detrimental impact of the misuse of AOD on individuals, 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 engage. Below is a listing of relevant prevention and education initiatives. The first line contains the title of the initiative and the second is the department or unit that houses the program.

**Academic Course ELP 351N Sorority and Fraternity Leadership Issues**  
*Sorority and Fraternity Life (SFL) in the Office of the Dean of Students*

As an upper division elective, Sorority and Fraternity Leadership Issues offers an opportunity for members of sororities and fraternities to explore leadership through the lens of their Greek letter organization involvement. The course examines leadership practices, skills, and processes that make individuals and organizations excel. Select topics include leadership theory, effective teams, risk prevention and management, career readiness and community building. Through discussion and the shared experiences of class members, particular attention is given to the challenges related to the use of alcohol and hosting safe social events that exist in the sorority and fraternity community.

**Academic Course Leadership in New Student Transition**  
*New Student Services*

Orientation Advisors must complete Leadership for New Student Transition, a three-credit-hour, upper-division elective course that teaches core competencies and provides facilitation training for peer-to-peer discussions with incoming students on difficult conversations, campus and community resources, and university policies. This information is coupled with education on University services and resources to provide peer support to incoming students during required summer orientation programs.

**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, designed by Vector Solutions, 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 misuse 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 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 misuse. 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/misuse are assessed and provided treatment with no threat of disciplinary action.

### **BeVOCAL: The Bystander Intervention Initiative of The University of Texas at Austin** *Longhorn Wellness Center*

BeVOCAL is a university-wide initiative in the Longhorn Wellness Center that is designed to improve confidence to intervene when any type of harm is witnessed. BeVOCAL seeks to promote intervention as a norm within the campus community, and in turn change the campus culture. 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 well-being 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 might adopt 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 and offers information to students on alcohol-free activities and events in Austin.

#### **Campus Partner Pop-Up** *University Housing and Dining*

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. Some campus partners for this initiative include Longhorn Wellness Center, Office of the Dean of Students and SHIFT. While substance use was not the sole focus of the pop-ups, information pertaining to substance use was shared as part of wellness resources and strategies.

#### **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 a discussion on perceptions and beliefs regarding cannabis 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 cannabis 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 survey. During this time, the student learns how their cannabis and and/or alcohol use compares with others on campus and examines their relationship with cannabis. The facilitator also guides a conversation around protective strategies the student might adopt if they choose to use alcohol and/or cannabis. In both sessions, the facilitator uses motivational interviewing 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.

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

The Community Outreach Program provides support and education to families, incoming students, alumni and community members. Educational initiatives are focused on raising awareness and shifting the culture of hazing in sororities and fraternities with stakeholders before they arrive at the university. This program is made possible by generous donor support. In spring 2022, the Community Outreach Program partnered with SHIFT to include conversations about substance use and hazing prevention to our audiences.

#### **Family Orientation Program** *New Student Services*

All incoming families are invited to participate in the Family Orientation program which includes multiple sessions on campus safety for families to choose from. In addition to the UT Austin Police Department , new in 2024 is a separate presentation offered by the Office of Emergency Management.

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

HealthyhornsTXT supports the health and academic success of students at UT Austin. Subscribers receive helpful text messages about campus resources and events, physical activity and nutrition, sleep, stress management and mental health, substance use 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.

### Horns Against Hazing

#### *Organizational Development and Risk Reduction in the Office of the Dean of Students*

Horns Against Hazing was created to educate a broad audience of student organization leaders who do not have access to hazing prevention programming. The events explore 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 AOD. 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 AOD. 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 AOD. Peer educators also contribute to the development of campus-wide prevention initiatives through a three-semester long mentored group project with a Longhorn Wellness Center or SHIFT staff member. Over the last two years, a cohort of peer educators have focused on substance use awareness via storytelling and improving event safety for high-risk events.

### National Hazing Prevention Week

#### *Organizational Development and Risk Reduction in the Office of the Dean of Students*

National Hazing Prevention Week is centered on providing education and raising awareness regarding hazing prevention. Events vary each year and include programming such as webinars for family members or advisors, workshops for students, or social media campaigns. Many of the programs offered throughout the week discuss the intersection between substance use and hazing prevention. 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 for 2024, a newly created systemwide suicide prevention video was updated.

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>

### Recovery 101 Training

#### *Center for Students in Recovery*

The Recovery 101 Training, rebranded from 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 101 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 and in partnership with University offices who specialize in alcohol and drug educational programming, Residence Life staff host programs and supply the residents with information to raise awareness of the effects of drug and alcohol use.

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

Risk Management Summit is a half day conference style summit designed to educate sorority and fraternity chapter and council leadership on the basics of risk management. The Summit aims to educate leaders and members on planning safe social events, addressing safety issues, learning from campus partners about resources around interpersonal violence, substance use, mental health support and fostering a safer community.

#### **Safer Tailgate Initiative** *UT Wellness Network Substance Use Safety Committee, SHIFT and Longhorn Wellness Center*

UT Austin football games are higher risk times for alcohol consumption and risky behavior. It is shown that eating and drinking before and during consuming alcoholic beverages is a protective strategy used to help mitigate unwanted consequences. Pre-pandemic the Wellness Networks Substance Safety Committee organized free snack and water distribution during home football game days. As a part of a collaborative prevention effort in fall 2022, the Longhorn Wellness Center and SHIFT partnered with the Sobering Center to replicate similar efforts. At the Student Refuel Checkpoint, food and water were distributed in addition to blood alcohol concentration testing. The decision to work with the Sobering Center was based on building stronger partnership and offering students the opportunity to check in with themselves through blood alcohol concentration (BAC) testing and set an intention around behavior for the rest of the day. This event provided formative data regarding the culture of home football game day tailgating as in-person social events resume post pandemic. During this event approximately 2,232 water bottles were distributed. To continue informing this work, a series of student focus groups centered on the social experience of a game-day were held throughout fall 2023. 63 students participated over five groups from October-November 2023. Needs assessments will continue to drive this work into the next biennium.

#### **Safety Education Program** *Organizational Development and Risk Reduction in the 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 AOD 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, Longhorn Wellness Center, Sorority & Fraternity Life in the Office of the Dean of Students & 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:

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

### Sorority and Fraternity New Member Programming

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

New Member Educator Training educates and supports the chapter officers in charge of welcoming new members into their organizations. The training addresses the role of the new member educator, community building, leadership development, developing safe environments, and provides campus resources. Each fall, Sorority and Fraternity Life requires at least one new member educator of sororities and fraternities affiliated with Sorority and Fraternity Life to participate. The training is completed on Canvas through a series of modules.

### 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.

### Trainings by Health Promotion Professionals and Prevention Specialists

#### *Longhorn Wellness Center*

Health promotion professionals are available to provide free workshops and trainings related to substance use 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.

### Volunteer and Advisor Training Initiatives

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

The Sorority and Fraternity Volunteer Institute & Faculty Partners Meetings serve as informational events and training opportunities for SFL advisors, housing directors, and other various community volunteers. This event updates volunteers with pertinent SFL community information as well as connects them with relevant UT Austin resources. Topics address issues of alcohol, hazing and reporting of incidents and allows staff to discuss policy, practices and resources to create a healthier and safer sorority and fraternity community.

### West Fest (formerly Round Up Ready/ Recharge): West Fest Ready

#### *SHIFT, Center for Students in Recovery, Longhorn Wellness Center, & Sorority and Fraternity Life in the Office of the Dean of Students Interfraternity Council (IFC)*

West Fest is a weekend when many parties social events and concerts are held off campus at IFC fraternity facilities. The Longhorn Wellness Center, SHIFT, Sorority and Fraternity Life (SFL), and leadership on from the Interfraternity Council (IFC) and University Panhellenic Council (UPC) partner to reinforce protective strategies important to group outings and extended periods where AOD may be present.

IFC, SFL and the Longhorn Wellness Center 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, called West Fest Ready, in preparation for West Fest in the spring of 2023 and 2024. The workshops 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. All fraternities hosting a West Fest event were required by the IFC to host a workshop. UPC chapter leadership attended a train-the-trainer style

workshop with information about substance use, bystander intervention and general safety planning. Additionally, a partnership was created with the Sobering Center (Austin/Travis County) to provide at least two boxes of Narcan (Naloxone) at each fraternity house that was hosting an event.

## PROGRAM INVENTORY: INTERVENTION

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Strong, efficacious interventions are included in UT Austin's comprehensive approach to AOD. These programs and services facilitate early detection and reduction of potential harm from alcohol and drug misuse. Following is a listing of intervention services:

### *Center for Students in Recovery*

The Center for Students in Recovery provides a supportive community where students in recovery and in hope of recovery can achieve academic success while enjoying a genuine college experience free from AOD. The unit 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 unit 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.

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, interested in a substance free lifestyle due to mental health recovery, those sober due to a family or friend's history of addiction, and sober recovery allies are all welcome.

For 20 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 drugs 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.

### *Substance Use Support Team*

#### *Counseling and Mental Health Center*

The Substance Use Support Team 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 misuse 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.



## PROGRAM INVENTORY: TREATMENT AND RECOVERY

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UT Austin offers robust services to support treatment and recovery from drug and alcohol misuse. Programs and services at the University have received state and national recognition and serve as a model for other institutions. Following is a description of the 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, recovery meetings, sober social activities, a recovery Living Learning Community, 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 off campus including sober living, additional community support groups and inpatient or outpatient treatment. Participation in Center events and recovery supportive activities is free and available to students at any point in their recovery journey.

## PROGRAM INVENTORY: RESOURCES

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In its comprehensive approach to promoting a drug-free community, the University has additional AOD related resources embedded within larger initiatives. While not focused exclusively on AOD use/ misuse, these resources are available for those with AOD concerns. The following is a list of broader resources:

### **Austin Vet Center Counseling and Referral Support**

#### *Veteran and Military Affiliated Services in the Office of the Dean of Students*

Veteran and Military Affiliated Services has a memorandum of understanding with Austin Vet Center Counseling and Referral Support to provide the following resources:

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

They also provide the following resources 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

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

#### *Office of the Dean of Students*

BCAL is a resource, available 24 hours a day, seven days a week, and is a partnership between the Office of the Dean of Students, Counseling and Mental Health Center (CMHC), Employee Assistance Program (EAP) and UT Austin Police Department (UTPD). The purpose of BCAL is to provide support, advice, and referrals to students, faculty and staff with concerns regarding another campus member's behavior. As a preventive measure, BCAL has been used to intervene during student, faculty and staff critical incidents. An individual can either call the line or report their concerns using the online submission form. These concerns can be addressed through information, consultation, resources and, if needed, intervention.

### **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 (EAP) 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.

#### Student Emergency Fund

*Student Outreach and Support (formerly Student Emergency Services) in the Office of the Dean of Students*

Student Outreach and Support facilitates the Student Emergency Fund. The Student Emergency Fund exists to provide financial support when a verified emergency has impacted a student's health, safety or well-being.

## PROGRAM INVENTORY: RESEARCH

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

### Addiction Research Institute

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

### American College Health Association National College Health Assessment

The American College Health Association-National College Health Assessment (ACHA-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 AOD. UT Austin utilizes this instrument on a biennial cycle administering every other fall; the last time the survey was implemented was Fall 2023 and the next administration is planned for Fall 2025.

### Health Behavior Research and Training Institute

The Health Behavior Research and Training Institute develops, tests and implements behavioral interventions.

- Our evidence-based interventions target health behaviors such as alcohol and other substance use; diet and exercise; smoking; and vaccine uptake.
- Our work is funded by the National Institutes of Health, Centers for Disease Control and Prevention, and other government agencies.
- We provide training to health professionals, including social workers, physicians, nurses, medical students and other clinical providers." (<https://sites.utexas.edu/hbrt/>)

### 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 last administered in Spring 2022.

### Operation Naloxone

Operation Naloxone (ON) is a partnership between SHIFT and the College of Pharmacy that aims to empower and educate the UT Austin community to prevent opioid overdoses. This project responds to the opioid epidemic by addressing knowledge gaps that exist in Texas communities regarding overdose prevention and making sure that these communities are equipped with resources, including naloxone, to prevent overdoses and overdose deaths. It was established in 2016 through the College of Pharmacy and the Steve Hicks Schools of Social Work. SHIFT began to oversee this project in the spring of 2023. ON

continues to expand the important work of access, distribution, and educational outreach to our UT Austin community.

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

Affiliated with Addiction Research Institute, the South Southwest Addiction Technology Transfer Center provides workforce development and technical assistance on implementation of evidence-based practices for the substance use treatment and recovery workforce 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, behavioral health providers and consumers. The Center is located in the Steve Hicks School of Social Work.

#### **StopHazing – Campus Hazing Survey Office of the Dean of Students**

StopHazing is a national leader in hazing research and data-driven strategies to support safe and welcoming schools. StopHazing also administers a Campus Hazing Survey which has been distributed to a random sampling of 10,000 UT Austin undergraduate students in 2018 and 2022. Data from the survey helps inform overall hazing prevention efforts for the institution, including interventions specifically for the use of substances in hazing behaviors and organizational culture.

#### **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 last implemented in Spring 2022 and will be distributed again in 2026.

#### **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 misuse disorder, 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 and Pharmacy, and the Dell Medical School. In the past two years, Waggoner Center investigators have published over 150 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 U.S. 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 Waggoner Center have initiated plans to create a fellowship using endowment funds to support the training of Postdoctoral Fellows.

## 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 misuse of AOD. 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

#### 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 substance free recruitment policy for all fraternity's part of their council. 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, Sorority and Fraternity Life 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.

#### National Collegiate Athletic Association (NCAA) Rules

##### *Texas Athletics*

Student-athletes are required to acknowledge and consent to UT Austin and NCAA drug testing policies and procedures annually as a requirement of participation in intercollegiate 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 rules. The University performs both random and concerned intervention drug tests on university student-athletes. The NCAA and various other athletic federations also perform drug testing of select University student-athletes. Student-athletes who test positive for banned substances in a University-administered drug test undergo assessment and treatment, as indicated, and are subject to other University-imposed sanctions. Student-athletes who test positive for banned substances (other than cannabis) on a NCAA-administered drug test are suspended from intercollegiate sports for one year. Student-athletes who test positive for cannabis use on a NCAA-administered drug test are subject to suspension if deemed non-compliant with a University treatment plan.

#### Positions Requiring a Commercial Drivers' Licenses

It is the policy of The University of Texas at Austin to maintain a drug and alcohol testing program for applicants and employees in positions requiring a commercial driver's license. According to HOP 5-1150 all persons who are applicants for positions with duties or activities that involve the requirement of a

commercial driver's license will be required to provide a urine sample for testing for the presence of illegal drugs. A verified negative test result will be required on this controlled substance test. Pre-employment alcohol testing is not required. Employees in positions that require a commercial driver's license may be required to submit to testing to determine the presence of illegal drugs or alcohol under certain conditions spelled out by the policy. Employees with positive tests will be removed immediately from safety-sensitive functions.

### **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. Institutional rules violations, including those that are done by students who 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. Sanctions are reviewed and administered through the Office of the Dean of Students.

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

#### ***Student Conduct and Academic Integrity in the Office of the Dean of Students & Longhorn Wellness Center***

Student Amnesty for Alcohol and Other Drugs 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 drugs 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 Consultation Protocol and Event Planning Guide *Student Activities in the Office of the Dean of Students*

The Student Organization Event Planning Consultation Protocol is required for all general-purpose classroom and outdoor space reservation requests at least 14 days before the event date. During event consultations, Student Activities staff review any additional steps required by the Institutional Rules on Student Services and Activities and other relevant event related University policies for the proposed event.

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. The guide prompts conversation on several safety topics, including fire, alcohol and food safety, and provides references for further explanation of these topics.

### University Unions Social Events

Registered Student Organizations may not serve alcohol at their events.

## ENFORCEMENT PROCEDURES UNIVERSITY STANDARDS OF CONDUCT

*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 *HOP 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.

*Rule 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.

*Rule 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.

## 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

7. 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.
8. 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 or 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 \$50,000.

*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 \$50,000.

*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 U.S. 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 Misuse Regulation and Crimes – Chapter 481. Texas Controlled Substances Act

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

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

#### UT Austin Handbook of Operating Procedures

- HOP 5-2420 – Policies and Procedures for Discipline and Dismissal of Employees
- HOP 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

- 2022-2023 Residence Hall Manual
- Residential Education Model - Strategies That Engage and Educate Residents (STEER)

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

- Federal Regulations
- Compliance Checklist

#### 2023-24 NCAA Division I Manual

- Article 10 – Ethical Conduct (Bylaw 10.1 - Unethical Conduct; Bylaw 10.2 - Knowledge of Use of Banned Drugs)
- Article 12 – Amateurism and Athletics Eligibility (Bylaw 12.7.3 – Drug-Testing Consent Form)
- Article 20 – Division Membership (Bylaw 20.2.4.9 - Drug Testing Program and Consent Form)
- Article 31 – Executive Regulations (Bylaw 31.2.2 – Individual Eligibility)

## ALCOHOL AND DRUG SANCTION REPORTING

As amended in the Higher Education Opportunities Act of 2008, the 2024 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 Counseling and Mental Health Center and Longhorn Wellness Center as part of the disciplinary referral process.

During the 2022-2023 academic year, Student Conduct and Academic Integrity reports that there were a total of 67 alcohol and 15 drug violations. During the 2023-2024 academic year, there were a total of 57 alcohol and nine 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>2022-2023 ALCOHOL VIOLATIONS = 67</b>	
<b>Sanction</b>	<b>Total Assessed</b>
Bar Against Enrollment-D Bar	1
Brief Alcohol Screening and Intervention for College Students (BASICS)	52
Cannabis Screening and Intervention for College Students (CASICS)	5
Disciplinary Probation	14
Educational Reflection Session with a Campus Partner	1
Ethical Decision Making Seminar	3
No Contact Provision	1
Restitution	1
Restorative Practice Sanction	2
Suspension of Privileges-Other	2
Written Warning	31

<b>2023-2024 ALCOHOL VIOLATIONS = 57</b>	
<b>Sanction</b>	<b>Total Assessed</b>
Bar Against Enrollment-D Bar	1
BASICS	50
Disciplinary Probation	7
Educational Reflection Session with a Campus Partner	1
Ethical Decision Making Seminar	3
No Contact Provision	1
Restitution	1
Suspension of Privileges-Other	2
Written Warning	28

2022-2023 DRUG VIOLATIONS = 15	
Sanction	Total Assessed
Additional Sanctions	1
BASICS	4
CASICS	10
Disciplinary Probation	8
Suspension from the University	1
Written Warning	1

2023-2024 DRUG VIOLATIONS = 9	
Sanction	Total Assessed
Additional Sanctions	1
BASICS	4
CASICS	4
Disciplinary Probation	2
Suspension from the University	1
Written Warning	1

**Note:** For both the 2022-2023 and 2023-2024 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 DRUGS 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 misuse prevention; sanctions for violations of federal, state and local laws and University policy; a description of health risks associated with alcohol and other drugs 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, 2024 Biennial Review Notice, will be sent to students, faculty and staff via email from the Division of Student Affairs and Human Resources.

The notification statement is as follows:

*Dear Students, Faculty and Staff,*

*To further its commitment to the well-being of all members of the campus community, the University is providing you with the federally required annual notice of the Drug-Free Schools and Communities Act, 2024 Biennial Review. This Review contains information including*

- *Descriptions 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 law, and campus policy.*

*Faculty and staff work collaboratively across academic disciplines and administrative programs on well-being resources and programming. They include drug and alcohol abuse education and prevention, to help the campus community achieve productive and successful experiences and minimize substance misuse. Please take a moment to review this information for your own education and well-being.*

*Division of Students Affairs  
Human Resources*

## PROGRAMMING EFFECTIVENESS

A major objective of the 2024 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. This section analyzes the effectiveness of programs focused on prevention, education, intervention, treatment and recovery.

In response to the 2022 Biennial Review recommendations to take steps to strengthen and centralize assessment efforts of program effectiveness and programming, the 2024 Biennial Review Survey was modified to gather information about UT Austin’s AOD programs and their effectiveness. Unlike previous reports, this review separates programs from resources to better highlight the unique role that such activities play in supporting an alcohol and drug-free community. A total of 28 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).

### AOD PROGRAMS’ ASSESSMENT METHODOLOGY

The AOD program effectiveness is assessed using a variety of methods. Survey respondents reported using quantitative methods (39.3%), including numeric and cumulative data collection and pre/post survey; qualitative methods (10.7%), such as interview or anecdotal data assessment; mixed methods (35.7%); and unspecified methods (14.3%). See Table 1.

**Table 1: Types of Assessments (n=28)**

Assessments Used	Percentage
Quantitative Methods	39.3%
Qualitative Methods	10.7%
Mixed Methods	35.7%
Methods Unspecified	14.3%

### AOD PROGRAMS’ EFFECTIVENESS

As shown in Table 2, of the AOD programs that were assessed for effectiveness, 89.3% of them were reported as either effective or very effective. Only 10.7% of the programs were reported as neither effective nor ineffective.

**Table 2: Reported Program Effectiveness (n=28)**

Effectiveness	Percentage
Very ineffective	0.0%
Ineffective	0.0%
Neither effective nor ineffective	10.7%
Effective	64.3%
Very effective	25.0%



## ARE AOD PROGRAM IMPROVEMENTS NEEDED?

Table 3 provides the respondents' views about the need for AOD program improvements or changes. While 35.7% indicated that their program could be increased or expanded, 50.0% felt that their program should be continued or maintained unchanged. Finally, 14.3% 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=28)**

Plans	Percentage
Continue or maintain unchanged	50.0%
Increase and expand	35.7%
Other (Uncertainty, unspecified)	14.3%

The effectiveness of the University's various AOD programs are supported by the data reported in the survey. Table 4 provides the contents of the number of students, faculty and staff served, AOD programs highlights, the data-supported effectiveness and their indicated plans for continuation and/or program improvement. This information was provided directly by program staff.

**Table 4: Highlights of Program Effectiveness and Recommended Improvements from the 2024 Biennial Review Survey**

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
Academic Course ELP 351N Sorority and Fraternity Leadership	2022-2023: 5 Students 2 Faculty/Staff  2023-2024: 8 Students 2 Faculty/Staff	"Spring 2023: agree and strongly agree The instructor clearly explained the course objectives and expectations. The instructor fostered an inclusive learning environment. The instructor effectively explained the concepts and subject matter in this course. The instructional techniques kept me engaged in learning. The instructor checked for student understanding of the concepts presented in the course. Gain skills related to the course content Spring 2024 not enough students responded to have a report."	"In spring 2025, our plan is to collaborate with [Volunteerism and Service Learning formerly] the Center for Community Engagement on their Alternative Breaks Class. This effort will leverage a larger group of students and deepen the instruction around service learning while keeping many of the former elements of our SFL class around prevention and risk management."

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
AlcoholEdu and Sexual Assault Prevention for Undergraduates (SAPU)	2022-2023: 9,189 Students  2023-2024: 11,239 Students	“The administration of these modules has shifted from the Everfi to the Vector platform. This impacted cohesiveness and completion rates in 2022-2023, but the modules are now fully operational in the Vector system.”	“Each year a team of content and communication experts review the materials and make relevant and meaningful changes to continue to improve the effectiveness of this module administration. Based on data from the participants, shifts are also made to inform programming on campus that is student-centered and evidence-based, to focus on what is most important and impactful for the campus community.”
BASICS and CASICS	2022-2023: 91 Students  2023-2024: 55 Students	“There were positive behavioral changes and decrease in drinking and negative consequences related to alcohol consumption for each behavioral indicator from baseline to three- and six-month follow up. The demonstration of positive behavior changes from baseline to follow up suggests that students are applying strategies discussed during the BASICS/CASICS program to reduce high-risk drinking behavior.”	“Keep collecting program satisfaction and program outcome data. Recruit and hire a new graduate facilitator. Maintain good relationships with our referral partners to keep a steady flow of program participants.”

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
BeVOCAL	2022-2023: 164 Students  2023-2024: 346 Students	“BeVOCAL has doubled the amount of workshop requests and student, staff and faculty reach since last academic year.”	“Preserve and document pre and post survey content. Collect data on participants’ reported frequency of intervening in harmful situations before and after the training. Conduct focus groups or interviews with participants to gain detailed insights into their experiences, challenges, and the impact of the workshop. Gather information on how to improve workshop. Administer follow-up surveys several months after the training to assess the lasting impact on participants’ behavior and attitudes. Solidify education plan that includes different materials to understand BeVOCAL and bystander Intervention. Monitor the number and nature of reported incidents of harassment, violence, or other concerning behaviors on campus. Track specific events where bystander intervention was implemented.”
Bruce the Bat	2022-2023: 4,704 Students  2023-2024: 4,704 Students	“The Bruce the Bat Instagram following grew from 686 followers in fall 2022 to 904 followers in spring 2024. The Longhorn Wellness Center program began partnering with the Center for Students in Recovery and SHIFT which helped reach more students and align with other programs with similar missions.”	“Proposed improvements for the program include expanding Bruce’s presence on campus by utilizing a variety of in-person and online channels, creating a refreshed Bruce the Bat introduction animated video, and continuing partnerships and collaborative messages within the program.”
Center for Students in Recovery	2022-2023: 1,631 Students  2023-2024: 2,222 Students	“The program is one of the largest in the United States with a history of improving recovery capital and decreasing relapse and the need to return to higher levels of care. We show strong graduation rates among students involved, GPA improvement, and high sense of belonging to the community.”	“We hope to expand staffing, which will result in expanded capacity in order to meet the need (estimated more than 1% of students on campus currently in recovery, and our core service community does not currently reach everyone.)”

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
CMHC Substance Use Support Team (SUST)	2022-2023: 69 Students  2023-2024: 57 Students	<p>“We measured treatment adherence by examining the percentage of students who attended at least one additional SUST counseling appointment after being recommended to seek counseling in the CMHC SUST specialty area.</p> <p>FY 2022-2023. 60 of the 65 unique clients recommended to return to CMHC for SUST-related counseling returned for at least one additional SUST follow-up appointment (92%) during the 2022-2023 fiscal year.</p> <p>FY 2023-2024. 47 of the 53 unique clients recommended to return to CMHC for SUST-related counseling returned for at least one additional SUST follow-up appointment (89%) during the 2023-2024 fiscal year.</p> <p>Examining appointment follow-through across this two-year period accounts for clients recommended to return to CMHC for SUST-related counseling who may have had an evaluation during FY 2022-2023 and one or more follow-up appointments during the following FY. During this two-year period, 108 unique clients were recommended to return to CMHC for SUST-related counseling, and 107 of them had at least one additional follow-up appointment (99%). When evaluated in light of the barriers these students must overcome in order to seek ongoing treatment, CMHC SUST counseling services are extremely effective.”</p>	“Continue the emphasis on education and prevention, including harm reduction.”
Community Outreach Program	2022-2023: 3 Students 75 Faculty/ Staff  2023-2024: 4 Students 75 Faculty/ Staff	“In reflection to our spring 2023 lunch and learn events with high school counselors at three different high schools, the feedback was positive regarding the content presented as well as requests for future presentations for their campus or follow up with other adjacent groups.”	“This program is currently on pause (since academic year 2023-2024). The hope is to revive this work into the next biennium.”

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
Drug and Alcohol Related Bulletin Boards	2022-2023: 7,200 Students <sup>a</sup>  2023-2024: 7,200 Students <sup>a</sup>	No highlights provided.	“Effective assessment”
Free Naloxone at the Desks	2022-2023: 7,200 Students <sup>a</sup>  2023-2024: 7,200 Students <sup>a</sup>	No highlights provided.	NA
HealthPoint Employee Assistance Program	2022-2023: 12 Faculty/ Staff  2023-2024: 9 Faculty/ Staff	““I have used EAP several times and always been pleased with the level of care provided.” “Provided helpful community resources” “she gave me so many resources that helped me outside of sessions. It was a great support.” “This was such a valuable service. I am forever grateful!””	“Improve our data collection”
HealthPoint Occupational Health Program	2022-2023: 0 Faculty/ Staff  2023-2024: 0 Faculty/ Staff	NA	NA
Healthyhorns TXT	2022-2023: 32,000 Students  2023-2024: 32,000 Students	“The end of year survey for the ‘24 academic year found that 94% of users surveyed found HealthyhornsTXT very or somewhat valuable. 82% of users surveyed reported that they changed their behavior based on a text they received from HealthyhornsTXT.”	“Proposed improvements include continuing to implement student feedback to ensure messages are relevant and helpful to students, increase opportunities for student engagement with program through adding ‘text for more information’ messages, and continue intentionally partnering with other campus units to share resources and events that support student well-being.”

<b>Program</b>	<b>Students/ Faculty/ Staff Served</b>	<b>Program Highlights</b>	<b>Recommended Improvement/ Improvement Plans</b>
Horns Against Hazing (Office of the Dean of Students)	2022-2023: 47 Students  2023-2024: 119 Students	“Of the students that attended the 23-24’ HAH Peer Led workshops, 93% of participants disclosed that they feel confident to identify hazing and to use bystander intervention identity and respond to harm after attending a workshop.”	“Moving forward, we hope to continue to increase attendance and streamline assessment measures across all hazing prevention programs. Additionally, we plan on offering more peer-led trainings for hazing prevention.”
Longhorn Wellness Peer Educators	2022-2023: 9,873 Students  2023-2024: 14,007 Students	“We have updated the workshop curriculum and shifted the process for students to be trained to facilitate workshops, made improvements to the syllabi that ensure activities align with program outcomes, and increased the distribution of health resources across campus including not only the quantity of individuals receiving resources, but also where students can find them”	“Continue to improve the workshop curriculum and evaluation. Strengthen evaluation of collaborative group project. Evaluate impact of health resources distributed and consider expansion”
National Hazing Prevention Week (Office of the Dean of Students)	2022-2023: 80 Students  2023-2024: 246 Students	“100% of students that attended the peer-led leadership training during National Hazing Prevention Week agreed or strongly agreed that as a result of attending their confidence to identify hazing increased.”	“Moving forward, we hope to continue to increase attendance in addition to streamlining our assessment measures across all hazing prevention programs. We also intend to continue to partner with units and areas across campus to co-host events to increase our reach and effectiveness.”
New Member Educator Training	2022-2023: 79 Students  2023-2024: 107 Students	“During the 22-23’ academic year students reported an increased understanding of their role, increased tools to build community, and skills to create a safe environment as a result of completing the modules. During the 23-24’ academic year, student response rates were low to the survey.”	We hope to continue to assess the effectiveness of this program. During the 23-24’ academic year, we launched a version of the modules available to all student organizations. We hope to increase the engagement in the module and also increase response rate to the post survey.”

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
Operation Naloxone	2022-2023: 685 Students 200 Faculty/ Staff  2023-2024: 873 Students 300 Faculty/ Staff	“We’ve expanded distribution sites this past biennium from one location to four. Additionally, we’ve expanded emergency access to naloxone to more than five additional locations. This past year we’ve distributed 808 doses of Narcan (naloxone) and trained around 776 UT Austin community members in opioid overdose prevention.”	“We hope to maintain program outreach and meet the demand of those who want to carry naloxone to help prevent opioid overdoses. We will continue collaborating with strategic partners to maximize outreach to students and UT Austin community.”
Risk Management Summit	2022-2023: 131 Students 11 Faculty/ Staff  2023-2024: 155 Students 16 Faculty/ Staff	“In Spring 2023, over 80% of participants reported that after attending the Risk Management Summit, they were confident or very confident in defining risk and risk management, identifying risks within your own chapter or council, identifying applicable risk management policies or practices, creating prevention plans to minimize risk and promote student safety, and identifying risk management campus resources for ongoing support. Additionally, over 50% reported they strongly agreed they learned something new after attending. In spring 2024, the survey was not repeated following the event.”	“In 2023, we changed the format drastically from a workshop style lecture to a half day conference with a keynote and breakout sessions. We repeated this format in spring 2024 and plan to continue to build on this new conference format into the next biennium.”
SHIFT	2022-2023: 20,000 Students 250 Faculty/ Staff  2023-2024: 20,115 Students 500 Faculty/ Staff	“SHIFT has increased our overall touchpoints with students, faculty, staff and UT Austin community members. Partnerships have expanded to include campus partners and community partners as well. We’ve introduced a new program, called the SHIFT Makers, that has expanded our reach significantly to the entire community. We’ve reached nearly 10,000 UT Austin community members through this program.”	“We will continue to evaluate all programs under the SHIFT portfolio to ensure maximum impact. We will grow strategic partnerships that expand beyond campus to best serve our students both on and off campus.”



<b>Program</b>	<b>Students/ Faculty/ Staff Served</b>	<b>Program Highlights</b>	<b>Recommended Improvement/ Improvement Plans</b>
Sorority and Fraternity New Member Programming	2022-2023: 79 Students 3 Faculty/ Staff  2023-2024: 78 Students 3 Faculty/ Staff	No highlights provided.	"We will continue to build on the progress of this style of education. As a canvas course, we are still learning how to best lay out the content as well as assess the results of the training. In partnership with [Organizational Development and Risk Reduction] ODRR we will continue this training into the next biennium."
Successful Student Organization Program (Office of the Dean of Students)	2023-2024: 866 Students	No highlights provided.	"We are still underway reviewing the data from this past academic year on the effectiveness of the program. Adjustments to the curriculum and assessment approach will be developed after further review."
Texas Athletics Drug Education & Testing Program	2022-2023: 590 Students  2023-2024: 570 Students	No highlights provided.	"Adapt policies to reflect societal norms and NCAA policy/legislative changes."
The Safety Education Program	2022-2023: 1,164 Students  2023-2024: 1,300 Students	"The data for the Safety Education Program continues to show effectiveness year after year. In particular, during the 23-24' academic year 97% of students said they felt confident assessing risks within their organization, 87% of students are likely to create a risk management plan for their organization, and 97% of students shared they felt confident to intervene by saying or doing something in a potentially harmful situation. Additionally, 82% of students that attended the officer workshop presented the content back to the membership of their organization."	"During the upcoming academic years, we are going to look at redesigning the workshop content to increase student engagement and continue to assess the rate at which officers present the content back to their membership."

Program	Students/ Faculty/ Staff Served	Program Highlights	Recommended Improvement/ Improvement Plans
UCelebrate Survey	2022-2023: 734 Students  2023-2024: 734 Students	"The spring 2022 UCelebrate survey had a response rate of 18.35% with 734 respondents. Data has been widely used for the Bruce the Bat campaign and shared with campus partners to create messaging around student protective behaviors."	"Proposed improvements include maintaining relationship with the National Social Norms Center to continue survey implementation. Also consider additional methods of data collection around social norms on campus."
Volunteer and Advisor Training Initiatives	2022-2023: 30 Students 5 Faculty/ Staff  2023-2024: 7 Students 4 Faculty/ Staff	No highlights provided.	"In this next cycle, we will ensure we do a post survey for participants. We will also embrace the hybrid model of presentation style to accommodate as many participants as possible."
Waggoner Center for Alcohol and Addiction	2022-2023: 50 Students 28 Faculty/ Staff	"For May 2023-April 2024: - 28 affiliate faculty members - 100 combined publications in PubMed - \$9,689,193 combined in principal investigator (PI) grant funding from National Institutes of Health (NIH) -Funded 16 graduate student fellows"	"We would like to maintain this status. We are in the process of creating a fellowship to support postdoctoral fellows researching alcohol use and addiction."
West Fest Happier Happy Hour (formerly Roundup Ready/Recharge): West Fest Ready	2022-2023: 1,357 Students  2023-2024: 970 Students	"West Fest Ready Highlights 2023: 19 workshops, 1,357 attendees - 97% of respondents agreed (strongly/somewhat) that, if they were to witness a medical emergency or crisis situation involving substance use, they feel more prepared to call for help.  2024: 14 workshops, 970 attendees - 84% of participants strongly agreed or agreed with this statement: 'After today's conversation, I feel more prepared to keep myself and others safer at West Fest.' -90% of participants said they were likely or very likely to call for help in a medical emergency or crisis situation involving alcohol or drugs."	NA

<sup>a</sup>Based on number of beds available in residence halls with the program.

## AOD UNIT DIRECTORS' VIEWS ON UNIVERSITY EXCELLENCE AND OPPORTUNITIES TO GROW

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 and 6.

**Table 5: Director's View on Areas the University is excelling related to Alcohol and Other Drugs Programs (N=7)**

<b>Domains</b>	<b>Percentage</b>
AOD Programs	42.9%
Prevention	42.9%
Support Services	28.6%
Changing Culture	28.6%
Don't Know	28.6%

Table 5 shows that AOD program directors indicated that areas that the University excels the most are programming (42.9%) through such units as SHIFT, SHIFT Makers, Center for Students in Recovery and Operation Naloxone and more general prevention efforts (42.9%). Support services (28.6%) and clear changes in the University culture (28.6%) were also listed as areas of strength.

**Table 6: Directors' View of University Program Growth Needed (N=8)**

<b>Domains</b>	<b>Percentage</b>
Increase Collaboration	37.5%
Increase Prevention Efforts	25.0%
Other	37.5%
Don't know	12.5%

By contrast, Table 6 shows that AOD program directors indicated areas that need improvement are increased collaboration among subject matter experts and in marketing (37.5%), prevention (25.0%), and other topics (25.0%). With regards to prevention efforts, directors suggested more focus on recovery-informed prevention and harm reduction. The other category considered training for managers, offering more sober events for students and focusing more on polysubstance use.

## CONCLUSIONS

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A foundational goal of UT Austin is to provide programs, spaces and resources 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 2024 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 2024 Biennial Review, we established an Advisory Group that advised and provided feedback on review process and final report. The eight-member advisory group consisted of UT Austin faculty, staff and student leaders. We found in the 2024 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 2024 Biennial Review confirms findings reported in the 2022 Biennial Review and corresponding recommendations. For example, the 2022 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 285 AOD programs were reviewed and analyzed.

Significant findings are summarized below:

- During the 2022-2023 academic year, Student Conduct and Academic Integrity reported a total of 67 alcohol and 15 drug violations. During the 2023-2024 academic year, there were a total of 57 alcohol and nine drug violations by students.
- Nearly 85.7% of UT Austin AOD programs conduct assessments, using a variety of assessment methods, including quantitative, qualitative and mixed methods. Only 14.3% of AOD program assessments were unspecified.
- 89.3% of programs were reported as either very effective or somewhat effective. Only 10.7% described their programs as neither effective nor ineffective.
- 50.0% of respondents felt that their programs should continue unchanged, while 35.7% of respondents indicated that their programs could be increased or improved.
- Respondents indicated the top two areas of program excellence were 1) programming such as SHIFT, SHIFT Makers, Center for Students in Recovery and Operation Naloxone; and 2) general prevention efforts.
- Respondents indicated that two areas most in need of growth were: increase collaboration between subject matter experts and increase prevention efforts focused on harm reduction.

## RECOMMENDATIONS

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In line with the 2024 Biennial Review and Drug-Free Schools and Communities Act (DFSCA) Regulations, following are our recommendations:

- Continue to utilize and promote a comprehensive public health approach through collaboration with campus partners and stakeholder engagement. More specifically, collaborations with existing and new campus partners should:
  - Focus on systems, policies, procedures and practices to prevent substance misuse.
  - Explore environmental and policy areas that promote substance use safety.
  - Engage in more work on the intersections between substance use and other wellness areas such as academics, sleep, sports, mental health, financial health, physical health, etc.
- Develop a strategic timeline for communication about AOD resources to students throughout their journey. Currently, all incoming students are required to complete modules related to substance misuse, but there is no reinforcement during their academic journey. It may be helpful to remind students of AOD resources during the second half of their first year matriculating at the University. There afterwards, matriculating students should be reminded on an annual basis of resources related to substance use and misuse.
- Student Conduct and Academic Integrity staff should continue the practice of consistency with the use of sanctions across the campus and student populations. It is recommended to continue partnership and collaboration with the health promotions team in utilizing evidence-based interventions, both proactively and reactively through the sanctioning process.
- Increase consistency in the administration and quality of the assessments of AOD programs. Thereby, ensuring more consistent and reliable data to evaluate effectiveness. This can be accomplished through the following methods:
  - Creating an online data collection process that can regularly collect and track the status and progress of AOD-related programming and services.
  - Checking in annually with AOD programs to ensure assessment is occurring.
  - Utilizing existing AOD survey resources to measure substance use on campus, which could help identify where additional support may be needed. Also, recurring surveys, like the National College Health Assessment, can be used to track decreases in substance misuse over time.

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Certain UT Austin faculty and staff provided required information for the 2024 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 Drugs (AOD) programming across the University. The Division of Student Affairs collects these data from college, school, department and unit representatives to prepare the 2024 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 2022-2023 and 2023-2024, and explaining how the effectiveness of AOD programs were assessed. Contributors also proposed improvements to the programming and services offered and 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 2024 Drug-Free Schools and Communities Act Biennial Review:

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## 2024 BIENNIAL REVIEW ADVISORY COMMITTEE

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We also thank the students, staff and faculty who served as 2024 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 2024 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 2024 Biennial Review. The following individuals were asked to serve on the 2024 Biennial Review Advisory Group.

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