



UNIVERSITY OF SAN FRANCISCO

Health Promotion Services

Alcohol and Other Drug Prevention Programs
Policy and Program Reviews

September 2018- August 2019
September 2019 – August 2020

Completed by:

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University of San Francisco

University of San Francisco (USF), founded in 1855, is recognized as a premier Jesuit Catholic, urban University with a global perspective that educates leaders who will fashion a more humane and just world. The core mission of the University is to promote learning in the Jesuit Catholic tradition. The University offers undergraduate, graduate and professional students the knowledge and skills needed to succeed as persons and professionals, and the values and sensitivity necessary to be men and women for others.

In 2018 – 2019 Academic year, USF enrolled 10,636 students (64% female and 36% male), including 6,577 undergraduates, 4,059 graduates. Approximately 30% of incoming university students were the first in their families to attend a four-year university. The new class of students reported coming from diverse ethnic backgrounds, 4% African American, 23% Asian American, 26% Caucasians, 20% international, 21% Hispanic/Latino, 2% Native American, 1% Asian/Pacific Islanders, and 3% unspecified.

In 2019 – 2020, USF enrolled 10,071 students (63% female and 37% male), including 5,854 undergraduates, 4,217 graduates. Approximately 30% of incoming university students were the first in their families to attend a four-year university. The new class of students reported coming from diverse ethnic backgrounds, 6% African American, 22% Asian American, 27% Caucasians, 13% International, 21% Hispanic/Latino, 0.1% Native American, 0.5% Native Hawaiian/Pacific Islanders, 8% Multi Race, and 2% unspecified.

The USF Dons, USF's NCAA Division I teams, with 214 student athletes (147 on full or partial athletic scholarships). There are 110 male and 104 student-athletes. The athletic department has won eight national championships since 1949, including four in men's soccer, three in men's basketball, and one in men's tennis. We also have 26 intramural and club sports through the Koret Recreational Center. Our colors are green and gold.

Office of Student Conduct, Rights and Responsibilities:

The Office of Student Conduct, Rights and Responsibilities (OSCRR) is responsible for the overall administration and management of the University's conduct process involving nonacademic student misconduct. Employing an educational approach emphasizing personal accountability and responsibility, OSCRR staff works to ensure just and prompt resolution of allegations of misconduct. Additionally, OSCRR, which is housed in the Division of Student Life, collaborates in crisis response efforts and support for students experiencing crisis. We work closely with other departments on campus to prevent and respond to misconduct and strive to create an environment that fosters integrity while promoting an ethic of care: Take care of yourself; Take care of each other; Take care of this place.

Policy Violation Information (AY 2018-2019):

Student Alcohol Sanctions:

	Not Responsible	Responsible	Total
General	53	9	62
Distribution	0	6	6
Possession	3	29	32
Presence (Complicity)	4	86	90
Public Intoxication	0	9	9
Use	2	91	93
Total	62	230	292

Student Other Drug Sanctions:

	Not Responsible	Responsible	Total
General	15	0	15
Distribution	0	0	0
Possession	0	15	15
Presence (Complicity)	0	14	14
Use	0	23	23
Total	15	52	67

Sanction Disciplinary Outcomes:

Alcohol Action Plan	1
Alcohol Counseling Sessions	6
Alcohol Reflection Paper	13
Alcohol Review and Reflection	4
Brief Motivational Intervention (BMIs)	22
Community Standard Fine	137
Complicity Reflection Paper	4

Deferred Suspension	1
Disciplinary Probation	75
eCHECKUP Alcohol	43
eCHECKUP Marijuana	31
eCHECKUP Reflection	50
Marijuana Counseling Sessions	8
My Student Body for Sanctions	We don't use this anymore (NA)
Neighborhood Clean Up	NA
Non-USF Counseling Assessment	2
Parental Notification	38
Reflection Assignment	5
Decision Making Workshop	93
Decision Making Activities	27
University Housing Expulsion	0
University Housing Probation	6
USF Community Service	3
Warning	271

Policy Violation Information (AY 2019-2020):

Student Drug Sanctions:

	Not Responsible	Responsible	Total
General	10	0	10
Distribution	0	0	0
Possession	0	24	24
Presence (Complicity)	0	21	21
Use	0	24	24
Total	10	69	79

Student Alcohol Sanctions:

	Not Responsible	Responsible	Total
General	10	0	10
Distribution	0	0	0
Possession	0	25	25
Presence (Complicity)	0	43	43
Public Intoxication	0	5	5
Use	0	52	52
Total	10	125	135

Student Disciplinary Outcomes:

Alcohol Action Plan	2
Alcohol Counseling Sessions	5
Alcohol Reflection Paper	17
Alcohol Review, Reflection,	8
Brief Motivational Intervention (BMIs)	3
Community Standard Fine	92
Decision Making Activities	52
Decision Making Workshop	0
Deferred Suspension	1
Disciplinary Probation	59
eCHECKUP Alcohol	15
eCHECKUP Marijuana	33
eCHECKUP Reflection	39
Marijuana Counseling Sessions	7
Neighborhood Clean Up	NA
Non-USF Counseling Assessment	1
Parental Notification	49
Complicity Reflection	18
Reflection Assignment	4
Student Success Workshop- Alcohol	NA
Student Success Workshop- Marijuana	NA
University Housing Expulsion	0
University Housing Probation	6
USF Community Service	1
Warning	166

Public Safety

The goal of the Department of Public Safety is to provide a safe learning environment by working collaboratively with our campus community. This is accomplished by providing continuous campus patrol, campus shuttles, safety escorts, crime prevention programs, and parking services. Our department maintains a 24-hour communication center and uniformed public safety officers to respond to all reports of accidents, crimes, suspicious persons, hazards, and other emergencies.

Policy Violation Information (AY 2018-2020)

	All On-Campus Property	Non-Campus Property	Public Property	Total	On-Campus (Residential Only)
Arrests: Drug Law Violations	0	0	0	0	0
Disciplinary Referrals: Drug Law Violations	25	0	7	32	22
Disciplinary Referrals: Liquor Law Violations	138	0	0	138	135

The Public Safety Office prepares the Clery report that outlines campus crimes, which occur on campus, adjacent to campus, or off-campus when associated with the institution. They are also responsible for the campus SaVE Act requirements. For a copy of USF Clery Report is available on the USF website at <https://www.usfca.edu/public-safety/clery-report>. For more information, contact Public Safety at (415) 422-4222 or visit the office at University Center 5th Floor.

Health Promotion Services (HPS):

Health Promotion Services (HPS) provides student health services that promote an optimal state of health, stimulate better health awareness, and foster a vibrant and safe campus community for student success and retention. In the Jesuit tradition, Cura Personalis — care of the whole person —inspires our proactive and compassionate approach to the physical, mental, emotional, intellectual, social, environmental, and spiritual health of all USF students.

Alcohol and Other Drugs Prevention Programs

***Think About It:** Online alcohol, other drugs and sexual violence prevention course (2018-2019)*

USF requires all first-year and transfer undergraduate students and first year graduate students to complete, Think About It, before arriving on campus. Think About It, is a research-based, online training program that empowers incoming students to make healthy choices and to minimize risks associated with alcohol, drugs, and sexual violence. Think About It, for undergraduates is a 3-part course where the graduate is a one-part course. Students who fail to take the course are fined \$100 per part. Students who contest the fee, they will be asked to take the course to waive the \$100 fine.

***Not Anymore:** Online alcohol, other drugs and sexual violence prevention course (2019-2020)*

Think About It, was no longer be supported by Campus Clarity after the Spring 2020 semester. In fall 2020, new and incoming students will be required to complete Not Anymore by Safe Colleges. In order to maintain a socially responsible learning community, USF requires all new and incoming students to complete Not Anymore before arriving on campus. Not Anymore is a research-based, online training program that empowers incoming students to make healthy choices and to minimize risks associated with alcohol, drugs, and sexual violence. Again, students who fail to take the course are fined \$100. Students who contest the fee, they will be asked to take the course to waive the \$100 fine.

Goals:

- To increase students' knowledge about alcohol, other drugs, and sexual assault/violence
- To enable honest conversations about alcohol, other drugs, and sexual assault on campus
- To provide students with campus resources to prevent and report sexual assault incidents

- To inform students of federal laws and university policies on alcohol and other drugs use and abuse, and sexual assault, rape, intimate partner violence, and stalking.
- To motivate responsible behavioral changes among students
- To model bystander intervention behaviors (through role play) to prevent potential or in progress sexual misconduct

Learning Outcomes:

Students will be able to:

- Adopt responsible drinking behaviors if they are of age and refrain from drinking if they are underage.
- Know how to intervene if they witness a sexual misconduct
- Support one another by reporting high risk behaviors (blacking out) to ensure the safety of their friends
- Ask for consent and know the barriers for obtaining sexual consent
- Discuss the potential severe consequences of use and abuse of legal and illegal drugs

Evaluation:

During the 2018-2019 academic year, approximately 89.6% of undergraduate students completed Think About It - Part I. A total of 2,330 students were invited to take the course and only 242 students failed to complete it. As for Think About It – Part II, a total of 1,985 were invited and had a completion rate of 84.1%; Part III, had a total of 1,312 invited and a completion rate of 84.9%. The Think It course for graduate students, had a completion rate of 86%, and a total of 2,168 completed the course and only 304 failed to complete it.

In comparison, during the 2019-20 through January 31, 2020, there was a completion rate of 86% for Part I of Think About It for undergraduate students. 1,962 students were invited and only 278 failed to complete the course. As for the graduate course, there was a completion rate of 82%, and 2,333 were invited to take the course and 424 did not complete the course.

During the fall 2020 semester, we utilized, Not Anymore and had a total of 3,207 students were invited to take the course, of these students 1,408 undergraduate students completed the Alcohol and Other Drugs, 1,336 undergraduates completed the Sexual Violence Prevention, 1,357 graduate students completed the Sexual Violence Prevention, and 264 non-traditional students completed the Sexual Violence Prevention course. We had a total completion rate of 92% of all invited students to complete the Not Anymore course. There was a completion rate of 92% for Alcohol and Other Drugs. There was 93% completion of the Sexual Violence Prevention for both Graduate and non-traditional students, and a 91% completion of the Sexual Violence Prevention for undergraduate students.

Summary:

Health Promotion Services will continue to require all students to take Not Anymore. We will continually communicate with students via email to remind them to take the course and the hope is that by placing the \$100 fine they will then finish the course. One item for improvement is to have continual education, engagement and dialogue with students throughout their entire tenure at USF on sexual violence prevention.

Brief Motivational Interviews (BMI)

Brief Motivational Interviews (BMIs), based on motivational interview, are one-on-one educational conversations between a student-client and a trained peer health educator. The meetings are about 45 minutes long and are entirely client-centered, such that each individual meeting is tailored to meet the needs of his/ her specific client, which are designed to be confidential, non-judgmental and supportive. All sanctioned students are required to attend a BMI for the first offence; second offence students are referred to the Counseling and Psychological Services to talk to a professional counselor.

Goals:

- Educate students on responsible drinking
- Reduce problem drinking such as binge drinking
- Reduce alcohol related harm/consequences to self and others
- Facilitate conversations about high-risk drinking between students and concerned non-specialists.
- Enhance motivation for change by helping students clarify and resolve ambivalence about their drinking behaviors

Learning Outcomes:

Students-clients will:

- Set their own goals to reduce their problem drinking behaviors if any
- Affirm their own abilities to make a behavioral change
- Become familiar with campus resources to support their academic endeavors
- List responsible drinking behaviors such as:
 - Set limits for themselves, and stick to them.
 - Eat before drinking
 - Avoid drinking games
 - Drink slowly. Take sips, not gulps.
 - Hold onto one's drink
- Practice behaviors (thru role play with the peer) to resist peer pressure

Evaluation:

The BMI program has been successful in reaching about 150 students a year. Some of these students are required to attend as part of their sanctions from student conduct and some

other students such as USF Club Sports are required to attend as a preventive measure and further education around alcohol use.

Alcohol Awareness Gameday (April 11, 2019 and April 30, 2020)

Event Description:

Every year, Health Promotion Services department sponsors an event in April for Alcohol Awareness month to educate students on misuse and abuse of alcohol. We develop an event program that raises awareness of alcohol-related issues that affect college students and the community.

Goals:

- To educate students on the alternative ways to have fun without alcohol.
- To educate students on responsible drinking behaviors, such as eating before drinking or not drinking at all, using fun interactive games.
- To provide information on alcohol poisoning through Emergency Medical Response Services and their experiences on campus.
- To use impairment goggles to educate students on the effects of alcohol.
- To work with OSCRR on providing information on fake IDs.

Outcomes:

The highlight of this program was being able to work with other departments on campus and combine alcohol awareness education through innovative and engaging ways virtually so we were able to reach a larger audience to educate students on alcohol-related issues.

Evaluations:

At the 2019 Alcohol Awareness Gameday, we had 65 student participants engage in health education activities that included non-alcoholic drinks, and student organization participation, as well as, bounce houses with beer goggles to simulate the feeling of being intoxicated. We collaborated with student conduct, CAPS, Public Safety, the Emergency Medical Response Services (EMRS), a student-run department who are the first emergency responders on campus, SAAM, Haven House and Dons Do Something About It.

For the 2020 event, due to the COVID-19 pandemic, we had to move the event virtually, which was a challenge. However, we still had 10 students participate and collaborated with Public Safety and Student Conduct to bring some fun to a home quarantine at our first-ever virtual Alcohol Awareness Game Day. We created fun mocktails during our quarantini-time, discussed fake ID's and alcohol use, and had an open discussion from home.

Annual Fall Health Fair (October 1, 2019 and October 15, 2020):

Event Description

Since fall 2015, we have hosted our Annual Health Fair to provide students with knowledge about disease prevention, self-care, and resources on overcoming unhealthy habits such as drug and alcohol abuse.

Goals:

- The goals of this program was to connect students with on-campus resources, such as the Counseling and Psychological Services, and the Student Disability Services, learning center, etc.
- To connect students with off-campus resources and volunteer/internship opportunities
- To provide students with numerous free health screenings, including a flu shot
- To educate students on self-care and varied of health topics such as alcohol and other drugs, diabetes, insurance, immunization, nutrition, etc.

Outcomes:

There were 29+ health care organizations in the Bay Area community who attended, and over 300+ student attendance. We also had seven on-campus departments come to the event and share about their services and programs to our students. We also had over 200+ students get a flu shot at the clinic, which was administered by Walgreens.

For the 2020 health fair, again we had to move this event virtually due to the continual remote learning. We had over 50+ students attend on the virtual event and had 11 organizations provide health education resources, and off-campus employment, internship and volunteer opportunities.

Evaluations:

Since there is a need for a health fair on our campus, we saw a dramatic increase in student attendance. Partnering with Walgreens to administer flu shots has been very beneficial in getting students to attend the event and engage with other organizations. We plan to continue this partnership in the future and continue to work closely with students groups to encourage them to attend and participate in the health fair various activities.

Student Health Promotion Website

Description:

Health Promotion Service Staff work diligently to keep HPS web site up to date and provide useful and accurate information on Alcohol and other Drugs. In 2019-20, HPS web site added a section called *Alcohol and other Drugs* based on the Department of Education Recommendation.

Goals:

- To inform students about the consequences of underage drinking as well as use of illicit drugs.
- To educate students on most commonly used and abused drugs
- To provide students with resources for alcohol counseling services, treatment, rehabilitation, or re-entry programs

Evaluation:

Based on Google web analytics, the Alcohol and other Drug page was:

Page views	Unique Page views	Avg. Time on	Bounce Rate	% Exit
229 (0.29%)	208 (0.11%)	0:51	58.14%	31.44%

Counseling and Psychological Services (CAPS):

Intervention Services (AY 2018-2020):

Counseling and Psychological Services (CAPS) provides brief (up to 12 sessions) individual, group and couples therapy to USF students. CAPS seeks to assist students in developing greater self-understanding and help resolve problems that interfere with their optimal personal functioning, including students who present with concerns related to alcohol and substance use. The table below summarizes the clients who presented with alcohol and substance use concerns as the area primary concerns during the initial intake session.

Primary Area of Concern at Intake	2018-2019		2019-2020	
	Number of Clients	Percentage of Total Clients Served	Number of Clients	Percentage of Total Clients Served
Alcohol	18	.02	14	.02
Drugs*	9	.01	19	.02

* Includes Marijuana, other illicit drugs and poly substance abuse

CAPS Mandated Referrals for Alcohol and/or Marijuana (AY 2018-2020):

CAPS clinicians collaborate with the Office of Student Rights and Responsibilities in providing individual assessments to students mandated for alcohol and marijuana abuse. Students who are mandated to receive a clinical assessment at CAPS are usually required to attend 3 sessions (1 assessment session with a CAPS counselor, and 2 additional meetings to be determined by the student and counselor which may be further assessment sessions, 12-step meetings, substance use educational sessions, etc.). Following the assessment, mandated students receive recommendations from the treating counselor. If the recommendation is to engage in counseling at CAPS, the student will be apprised of the benefits of counseling. Depending on a client's presenting difficulties, a referral to the community may be more appropriate.

If the counselor determines at the close of the mandated evaluation that it is in the student's best interest to receive counseling and the student agrees, his/her participation in subsequent appointments with the counselor is voluntary. Information obtained in subsequent sessions is confidential and its treatment bound by the same rules of confidentiality applicable to all other non-mandated clinical cases.

Academic Year	2018-2019			2019-2020		
Type of Mandate	OSCRR Referral	Seen at CAPS for Initial Assessment	Completed Mandate	OSCRR Referrals	Seen at CAPS for Initial Assessment	Completed Mandate
Alcohol Assessment	7	7	6	7	7	7
Marijuana Assessment	8	8	8	6	6	6
Total	15	15	14	13	13	13

Prevention (AY 2018-2020):

Campus Outreach – Workshops and Presentations

CAPS provides Substance Abuse education sessions to all students who are interested including mandated students who have been sanctioned for violating campus alcohol and drug policies, peer educators, faculty, and staff. During the 2018-19 Academic year, there were 76 outreach programs and over 7,600+ attendees. CAPS offered lecture format outreach presentations that offered an array of educational activities.

In comparison, the 2019-20 academic year, CAPS had 160 outreach programs with a total of 6,488 attendees. Through these workshops, students learned new skills, gained support and learned more about themselves. These lectures, workshops, trainings and services were in collaboration and support from many offices across the USF campus.

In addition to the Substance Abuse education workshops, CAPS engaged in other campus prevention efforts including:

- Tabling for Alcohol Screening Day
- Provided students with Blood Alcohol Content Cards
- Sponsored a Recovery Reception for students staff and faculty members in recovery
- On-going sponsor of student led Big Book Study Group
- Coordinated a Students in Recovery Panel

Evaluations/ Assessments (AY 2018-2020):

Online Alcohol Screening (CAPS Website)

Students can access an anonymous and confidential Alcohol Screening Assessment through a link on the CAPS website or at:

<http://screening.mentalhealthscreening.org/USFCA/screening/1555>.

The Screening consists of multiple-choice questions (see Appendix A) to determine the presence and severity of an alcohol use disorder. Due to expenses for this screening after the fall 2020 semester, CAPS will not be renewing this option. Results of the Alcohol Screenings completed during the 2018-19 and 2019-20 Academic years, are summarized in the table below:

Academic Year	Number of participants	Results
2018-2019	33	27%- Not consistent 52% - Harmful/hazardous use 21% - Dependence or abuse
2019-2020	1	0%- No consistent 100% - Harmful/hazardous use 0% - Dependence or abuse

Counseling Center Assessment of Psychological Symptoms (CCAPS):

The Counseling Center Assessment of Psychological Symptoms (CCAPS), a psychometric instrument designed specifically for college students, is administered to all CAPS clients at intake to assess and identify initial areas of distress and guide treatment planning. Follow-up administrations are conducted over the course of treatment to assess changes in distress on each subscale-- Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Family Distress, Hostility, and Substance Use-- as well as overall distress over the course of clients' counseling experience. The CCAPS is scored using a normative sample of 102,000+ college students from over 100 institutions who sought psychological services on campus.

The Substance Use subscale of the CCAPS-62 contains questions about using drugs or alcohol more than one should, black-out symptoms due to alcohol use, enjoyment associated with being drunk, and regrets due to events related to drinking (See Appendix B).

During the 2018 – 2019 academic year 62 total clients scored in the elevated range on the substance abuse subscale at baseline, meaning their score was higher than 70 percent of the normative sample group. Of those clients, 33 % reliably improved (a significant decrease in distress related to substance use) and 2% reliably worsened (significantly increased distress related to substance use)

During the 2019 – 2020 academic year 62 total clients scored in the elevated range on the substance abuse subscale at baseline-- their score was higher than 70 percent of the normative sample group. Of those clients, 30 (45 %) reliably improved (a significant decrease in distress related to substance use) and 1 (2%) reliably worsened (significantly increased distress related to substance use)

Appendices:

USF Alcohol and other Drug Prevention Policies

Club Sports Athletics Policy

ROTC Policy

Guidelines for the Management of Substance Abuse and Addiction