
Colorado State University 2022 Biennial Review

Substance Misuse Prevention

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INTRODUCTION TO THE BIENNIAL REVIEW AND COLORADO STATE UNIVERSITY SUBSTANCE MISUSE PREVENTION

The Federal Drug Free Schools and Communities Act (DFSCA) requires all institutions of higher education (IHEs) that receive federal funds to conduct a biennial review of substance misuse prevention efforts.

The required review has two objectives:

- 1) To determine the effectiveness of, and to implement any needed changes to, the alcohol and other drugs prevention program.
- 2) To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.

Colorado State University (CSU) utilizes a comprehensive approach to substance misuse prevention based the recommendations of the National Institute on Alcohol Misuse and Alcoholism (NIAAA) and its review of both individual and environmental, evidence-based strategies. Additionally, CSU's approach includes application of both the socioeconomic model and the strategy of harm reduction in this multi-prong approach. Timely data review also informs this approach to identify any gaps or disparities. Initiatives, programs, and data are reviewed by a diverse stakeholder committee on a regular basis.

REVIEW OF SUBSTANCE MISUSE PREVENTION EFFORTS

Assessment of Alcohol and Other Drug Use, Behaviors and Attitudes

National College Health Assessment

American College Health Association-National College Health Assessment (ACHA-NCHA) is an instrument assessing student behaviors, habits, and perceptions across a broad spectrum of health topics, including alcohol and other drug use; sexual health; mental health; personal safety and violence; sleep; weight; nutrition; and exercise. The survey takes about 20 – 30 minutes to complete, and more than 2.2 million students at 1,000 colleges and universities across the country have taken the survey since Spring 2000. The instrument is considered both reliable and valid.

The CSU Health Network has conducted the survey every two years, using a random sample, since Fall 2011. Due to the significant changes to the survey instrument in 2019, ACHA has strongly recommended not to compare past data sets. Therefore, benchmarking data in this report is Fall 2019 and 2021 administrations only.

The survey was distributed electronically to students that are defined as degree-seeking undergraduate or graduate students, enrolled in four or more credits, and 18 years of age or older.

Oversampling of all students identifying as a racial and/or ethnic minority was performed for Fall 2019 and Fall 2021 to create specific reports for each population. Students who provided their contact information to Fraternity and Sorority Life and the Student Disability Center also were invited to participate. Survey procedures are approved by the Institutional Review Board (IRB) in 2019. In 2021 the IRB determined that this data project does not need to undergo regular review due to its explicit use.

A total 1,178 and 884 CSU students participated in the Fall 2019 and Fall 2021 respectively.

Specific sub-populations are defined as follows:

- **LGBQ+:** Students identifying with a sexual orientation other than straight.
- **Adjusted:** Population group adjusted to reflect CSU demographic population represents general student body.
- **Racially Minoritized:** Students holding one or more minoritized racial and/or ethnic identity.

Alcohol, Smoking and Substance Involvement Screening Test

The Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST) generates a Substance Specific Involvement Score (SSIS) for each of 12 different substances (tobacco, alcohol, cannabis, cocaine, prescription stimulants, meth, inhalants, sedatives or sleeping pills, hallucinogens, heroin, prescription opioids, and other substances). The range for each SSIS is 0-39, where the higher the score reflects a higher level of risk associated with that substance use. Each of the 12 SSIS's are then collapsed into a risk category of low risk, moderate risk, or high risk.

ASSIST Risk Scores* by Substance

Analyst's Note: The following data show risk scores for only those who endorsed use in the last 3 months. Except for alcohol, tobacco/nicotine, and cannabis, the populations for these data are very small and should be considered when interpreting the frequencies in each category.

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
ALCOHOL							
Low Risk (0-3)	76.0%	80.2%	77.8%	78.8%	79.0%	79.4%	80.5%
Moderate Risk (4-26)	21.3%	16.8%	20.0%	18.3%	19.1%	17.6%	17.8%
High Risk (27- 39)	2.7%	3.0%	2.2%	3.0%	1.8%	3.1%	1.7%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
TOBACCO							
Low Risk (0-3)	48.2%	51.5%	47.6%	52.9%	44.5%	57.4%	52.3%
Moderate Risk (4-26)	45.5%	44.1%	46.9%	43.9%	48.0%	39.8%	44.3%
High Risk (27- 39)	6.3%	4.4%	5.5%	3.2%	7.5%	2.9%	3.4%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
CANNABIS							
Low Risk (0-3)	34.9%	38.9%	45.4%	44.5%	42.7%	46.7%	55.5%
Moderate Risk (4-26)	55.8%	56.2%	50.2%	52.3%	52.8%	51.4%	41.7%
High Risk (27- 39)	4.8%	4.9%	4.4%	2.7%	4.6%	1.9%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
COCAINE							
Low Risk (0-3)	73.5%	80.0%	67.4%	80.0%	67.4%	86.7%	55.5%
Moderate Risk (4-26)	23.5%	20.0%	30.3%	20.0%	28.3%	13.3%	41.7%
High Risk (27- 39)	2.9%	0.0%	2.3%	0.0%	4.3%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
METHAMPHETAMINE							
Low Risk (0-3)	100.0%	80.0%	90.9%	100.0%	66.7%	100.0%	55.5%
Moderate Risk (4-26)	0.0%	20.0%	0.0%	0.0%	0.0%	0.0%	41.7%
High Risk (27-39)	0.0%	0.0%	9.1%	0.0%	33.3%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
INHALANT							
Low Risk (0-3)	85.7%	80.0%	81.8%	91.7%	66.7%	100.0%	55.5%
Moderate Risk (4-26)	14.3%	20.0%	15.9%	8.3%	26.7%	0.0%	41.7%
High Risk (27- 39)	0.0%	0.0%	2.3%	0.0%	6.7%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
PRESCRIPTION STIMULANTS							
Low Risk (0-3)	84.4%	80.0%	82.9%	73.8%	75.0%	52.9%	55.5%
Moderate Risk (4-26)	15.6%	20.0%	16.4%	26.2%	22.9%	47.1%	41.7%
High Risk (27- 39)	0.0%	0.0%	0.7%	0.0%	2.1%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
SEDATIVES							
Low Risk (0-3)	88.5%	80.0%	77.5%	67.6%	79.3%	61.5%	55.5%
Moderate Risk (4-26)	7.7%	20.0%	20.0%	29.4%	17.2%	38.5%	41.7%
High Risk (27- 39)	3.8%	0.0%	2.5%	2.9%	3.4%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
HALLUCINOGEN							
Low Risk (0-3)	59.6%	80.0%	69.5%	82.4%	61.2%	59.3%	55.5%
Moderate Risk (4-26)	40.4%	20.0%	29.4%	17.6%	35.8%	40.7%	41.7%
High Risk (27- 39)	0.0%	0.0%	1.1%	0.0%	3.0%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
HEROIN							
Low Risk (0-3)	100.0%	80.0%	80.0%	66.7%	50.0%	61.5%	55.5%
Moderate Risk (4-26)	0.0%	20.0%	0.0%	33.3%	0.0%	38.5%	41.7%
High Risk (27- 39)	0.0%	0.0%	20.0%	0.0%	0.0%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
OPIOID							
Low Risk (0-3)	91.3%	80.0%	88.7%	87.8%	88.9%	75.0%	55.5%
Moderate Risk (4-26)	8.7%	20.0%	9.9%	12.2%	7.4%	25.0%	41.7%
High Risk (27- 39)	0.0%	0.0%	1.4%	0.0%	3.7%	0.0%	2.8%

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
OTHER							
Low Risk (0-3)	50.0%	80.0%	85.7%	66.7%	50.0%	100.0%	55.5%
Moderate Risk (4-26)	50.0%	20.0%	14.3%	33.3%	50.0%	0.0%	41.7%
High Risk (27- 39)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	2.8%

Alcohol-Related Consequences

College students who **drank alcohol** reported the following in the last 12 months when drinking:

	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
Did Something I later regretted	22.1%	19.9%	20.9%	18.2%	18.7%	18.9%	18.5%
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)	13.3%	7.7%	15.1%	8.9%	12.6%	14.7%	10.8%
Brownout (forgot where I was for a short period of time, but can remember once someone reminds me)	21.9%	25.6%	29.7%	21.5%	23.1%	22.4%	21.6%
Got in trouble with the police	1.0%	0.4%	1.0%	0.8%	1.7%	0.7%	0.8%
Got in trouble with college/university authorities	1.0%	0.4%	1.1%	0.6%	0.8%	1.4%	0.9%
Someone had sex with me without my consent	2.6%	2.4%	2.5%	1.9%	2.2%	1.4%	1.4%
Had sex with someone without their consent	0.0%	0.0%	0.0%	0.0%	0.0%	0.0	0.2%
Had unprotected sex	15.4%	8.9%	16.7%	9.5%	13.4%	15.6%	10.1%
Physically injured myself	9.7%	9.3%	9.0%	7.4%	6.9%	11.3%	6.8%
Physically injured another person	0.5%	1.6%	0.5%	1.1%	0.3%	2.1%	0.6%
Seriously considered suicide	9.2%	3.7%	3.0%	3.4%	3.9%	3.5%	2.3%
Needed medical help	1.5%	1.6%	1.4%	1.7%	1.9%	0.7%	1.0%

Type of Tobacco/Nicotine Used in Last 3 Months

Tobacco Product Type	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
Cigarettes	49.3%	35.4%	43.3%	40.9%	45.1%	31.0%	42.0%
E-cigarettes or other vape products	75.0%	89.4%	78.0%	85.0%	78.5%	86.0%	75.7%
Water pipe or hookah	38.2%	12.3%	21.1%	13.0%	27.0%	17.1%	10.2%
Chewing or smokeless tobacco	3.0%	6.3%	12.5%	8.0%	6.4%	7.9%	8.8%
Cigars or little cigars	17.6%	11.1%	24.8%	16.1%	16.1%	10.0%	16.2%
Other	1.9%	0.0%	3.8%	2.3%	2.3%	3.6%	3.2%

Academic Impacts

Academic Impact	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
Alcohol	4.7%	3.9%	3.4%	2.9%	3.3%	1.8%	2.0%
Cannabis	4.2%	4.2%	3.1%	4.3%	3.3%	3.3%	1.4%

Driving under the Influence

Students who drove after any alcohol at all and within 6 hours of cannabis use:

Substance	CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
Alcohol	23.1%	13.3%	16.0%	16.6%	13.8%	13.1%	14.4%
Cannabis	35.6%	33.7%	35.3%	35.3%	40.7%	28.8%	29.9%

Recovery

Students identifying as a person in recovery from alcohol or drugs:

CSU LGBQ+ 2019	CSU LGBQ+ 2021	CSU Adjusted 2019	CSU Adjusted 2021	CSU Racially Minoritized 2019	CSU Racially Minoritized 2021	National Reference 2021
2.4%	4.6%	2.5%	3.1%	2.9%	2.0%	1.6%

AlcoholEdu for College

AlcoholEdu for College was implemented in Fall 2011. This online educational program is mandatory for new incoming students under the age of 23. Required students complete three surveys every semester, including one prior to the course, one immediately after completion and one six weeks post-completion. Survey responses guide the student's experience in the program. Aggregate data serves to monitor program effectiveness, as well as provide alcohol and marijuana use information about new incoming students. National reference data is not available.

In 2020, Everfi, the content creator, underwent a major platform change which significantly impacted data availability during this time. In 2021 Everfi was acquired by the Vector Solutions and there is intention to provide more data from these courses in 2022-2023 year.

Data Considerations

Data from pre-matriculation (Survey 1) is compared to 6 weeks after course completion (Survey 3) to observe the "college effect" or behavior change after students are on campus. Attrition of respondents is expected in survey 3 data as survey 3 is optional. Below are **n** values (number of respondents) for each year and survey:

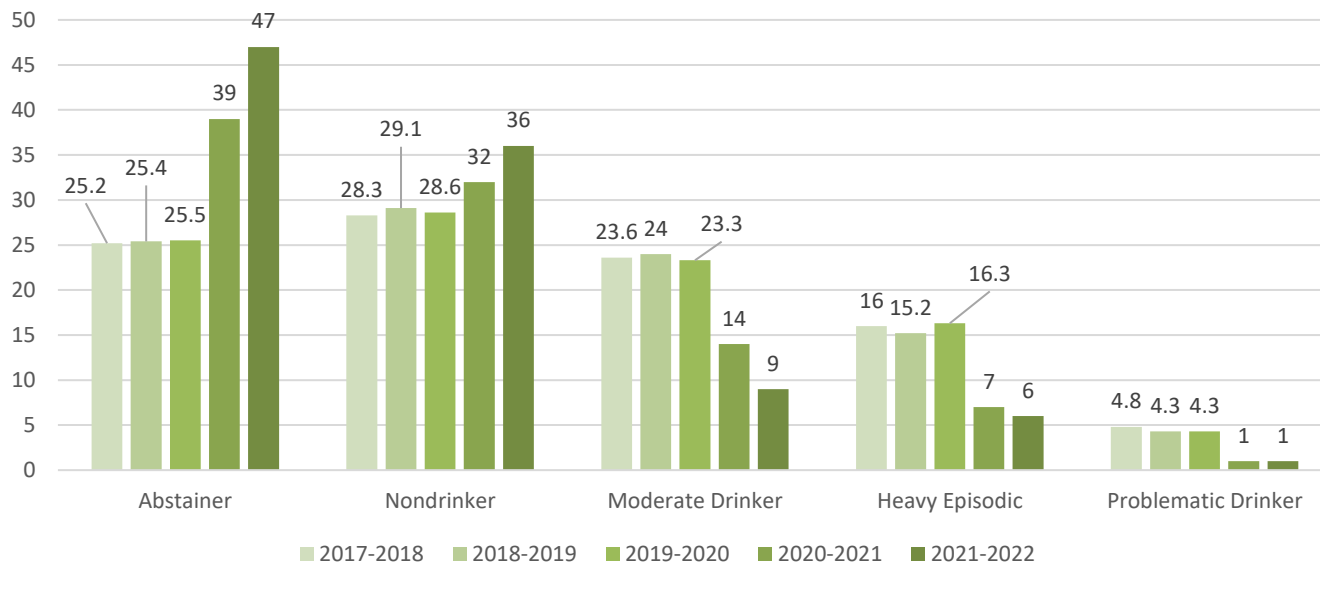
Survey 1 (pre-matriculation)

- 2017-2018 n = 6656
- 2018-2019 n = 7011
- 2019-2020 n = 6711
- 2020-2021 n = 5,854
- 2021-2022 n = 6736

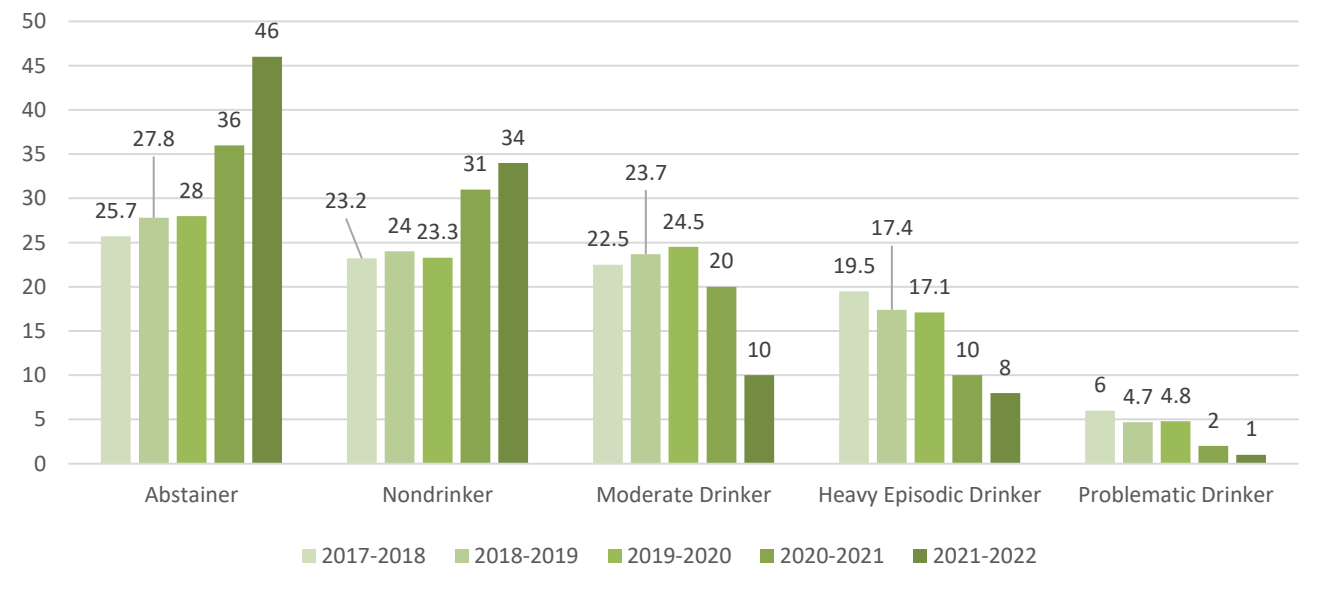
Survey 3 (6 weeks after completion of course)

- 2017-2018 n = 3409
- 2018-2019 n = 3601
- 2019-2020 n = 2743
- 2020-2021 n = 2,777
- 2021-2022 n = 2605

Survey 1 Drinker Categories



Survey 3 Drinker Categories



Substance Misuse Prevention Programs and Services

Decreasing Risk in Vulnerable Groups First Year Students

- New, incoming students engage in the Ram Orientation Rams Take Care, Rams Take Action session that integrates alcohol norming and bystander messaging. Ram Orientation Leaders are trained in program content, motivational interviewing, bystander intervention and practical skills for program delivery. During the 2020-2021 academic year, orientation was held virtually, and its format was altered to accommodate virtual engagement. This caused a pause in this initiative during this year.
- Ram Orientation CSU Health Network Parent and Family Presentations provide requirements, recommendations, and services information, as well as encourage prevention-focused conversations with their new students. Parent and Family Programs follow-up communications provide resources on how to support their student and conversation guidance. This information is also referenced as part of the new student CSU Health Network mailer to new student parents and families.
- Ram Orientation has an intentional focus on students building positive social connections, a substance misuse protective factor, and diversity and inclusion awareness.
- The AlcoholEdu online module is required for new, incoming students under the age of 23 to facilitate healthier decisions related to alcohol and drug use. Module components include the setting of expectations and norms clarification, as well as providing personalized feedback and tailored content that engages abstainers, light to moderate users and frequent users with customized messaging. It also educates on the mental and physical effects of substance use and alcohol poisoning, as well as prepares students to engage in active bystander behavior. The module also includes vaping and marijuana prevention education.
- The Sexual Assault Prevention online module, required for incoming students, focuses on issues associated with stalking, relationship violence and sexual assault. Students learn about consent, how to help a friend and how to intervene in a situation that might escalate to interpersonal violence. Content around the role of alcohol and other substances and consent are highlighted in this module.
- The AlcoholEdu and Sexual Assault Prevention modules prompt new students to e-sign that they have read related campus policies and they are provided with both local and national topic-related resources.
- YOU@CSU is an online student success portal (<https://you.colostate.edu/>) that connects students to personalized campus and online resources and support services in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health) and Matter (Purpose/Connection) to make the most of their college experience. This includes screening questions related to substance use that help dial up timely education and support resources. Incoming students are encouraged to create a profile and explore. During 2020-2021 academic year the crisis button in the portal was replaced by a FindHelpNow navigation tool. FindHelpNow is an essential crisis navigation tool that helps students, faculty, and staff connect to the right help in moments of need.
- Student staff trainings are provided to Ram Orientation Leaders, Resident Assistants and University Housing Support Staff, Student Media and other mentoring groups regarding their role in creating an environment that encourages healthy decisions around alcohol and other drugs. Trainings can include brief motivational interviewing skills to help have critical conversations with students they serve, active bystander techniques, harm reduction education and referral. Due to pandemic constraints and staff transitions, these trainings have not been consistently offered and/or requested. Discussions with partners to reinstate this cycle of trainings are occurring.
- University Housing staff work to create community with their yearly influx of new and returning students and offer Living Substance Free floors in the residence halls. As part of their CSU Police Department

Officer Liaison program, each residence hall is assigned an officer with the intention of forming relationships and building trust. Students become accustomed to seeing the officers, associating them less with just policy violation response.

- Early in the Fall semester, a Setting Expectations Campaign within University Housing is mobilized, in follow up to housing contract signing. The campaign provides clear messaging about campus alcohol and campus substance misuse prevention other drug policies and violation, as well as messaging to reinforce AlcoholEdu content related to how to help a friend with alcohol poisoning and promotion of Responsible Action/Medical Exemption policy.

Fraternity and Sorority Life Community

- The GreekLifeEdu online module completion is required by most fraternity and sorority chapters by their international organization.

- The Fraternity and Sorority Life Harm Reduction and Risk Management Workgroup focuses on exploration, implementation and updates to harm reduction and prevention strategies specific to the fraternity and sorority community. There is promotion of resources, grounded in harm reduction, for chapters to utilize when planning social events with alcohol. These resources include: (1) third party vendor contracting, (2) event monitoring, (3) tailgate event planning and (4) BYOB guest list strategy. The Manager of Substance Misuse Prevention and Assessment sits on this workgroup and provides consultation and workshops for chapter risk managers.

- The Fraternity and Sorority Joint Policy on Risk Management group meets annually to review risk management policy that governs the community to make updates based on experience and best practice. The current policy is available at: <https://fsl.colostate.edu/wp-content/uploads/sites/12/2022/10/Fraternity-Sorority-Joint-Policy-on-Risk-Management.9.2022-1.pdf>

- There is intentional follow-up regarding violation of alcohol-related policies and online publishing of fraternity and sorority organization conduct outcomes.

- The Office of Fraternity and Sorority Life provides a risk management officer workshop on a variety of harm reduction related topics, with at least once per year, Fall semester, a workshop focused on alcohol misuse prevention. Additionally, workshops have been hosted on marijuana misuse prevention and managing alcohol expectancies in the social drinking environment.

- The Tailgating Summit engages the fraternity and sorority community in discussing tailgate event strategies for harm reduction and safer behavior.

Broader than the Fraternity and Sorority Life community, CSU provides hazing prevention training, messaging and encourages reporting of incidents. Fraternity and Sorority Life specific hazing prevention resources can be found at: <https://fsl.colostate.edu/resources/hazing-prevention-education-resources/>

Athletes

- Substance misuse prevention messaging and support resource information is embedded into the first-year athlete course curriculum messaging and orientation.

- CSU adheres to the NCAA athlete alcohol and other drug testing protocol.

- There is a CSU Health Network counselor embedded in Athletics to actively assist with student athlete and coach education and student mental health/substance misuse support.

High Risk Times/Events

- The Community Welcome event held early Fall helps foster a sense of community and connection between students and long-term Fort Collins residents. Volunteers made up of CSU students and staff, city employees, and Fort Collins and CSU Police go door-to-door visiting approximately 2,000 homes in neighborhoods surrounding the main campus. Teams distribute information about City ordinances and expectations CSU has for its students. Additionally, the teams encourage neighbors to get out and meet each other, providing residents with the “Art of Neighboring” brochure, as well as exchange names and contact information to create positive relationships. In the 2020-2021 academic year, a video was created and shared widely via social media that included these resources in place of an in-person event.

- The Party Registration program provides party hosts with an opportunity to receive a warning, giving a 20-minute window to voluntarily terminate a party after a noise complaint has been received. Party smart tips and resources are provided upon registration. In the 2020-2021 academic year, CSU abided by gathering restrictions as recommended by Larimer County Public Health. Party harm reduction messaging included COVID19 safety information.

- CSU campus administrators and Public Safety Team typically distribute harm reduction and expectation-setting health messaging at the start/end of school year, as well as before the Rocky Mountain Showdown football game with CU-Boulder, Halloween, and Spring Break. These events are known to be higher risk for alcohol misuse and related impacts.

During the pandemic years, specifically 2021-2022, messaging was sporadic due to cancellation of events and limits to gatherings through state and local public health protocols. Joint messaging from Off-Campus Life and the CSU Health Network did occur during this time with the addition of COVID 19 safety messaging.

- Fort Collins Police and CSU Police Department engage in joint party patrols, DUI saturation patrols, compliance checks during the year, with greater emphasis early Fall, around Halloween and late Spring.

- CSU sporting events substance misuse and related issues prevention includes: (1) prevent/tailgating/same day policy communications, (2) limiting hours of sales at venues, (3) server training and (4) game day protocols and policy enforcement.

- The Football Game Bystander Intervention builds upon bystander education as part of Ram Orientation and AlcoholEdu. The CREWS Peer Education team engages student football game attendees in conversations using brief motivational interviewing and pledging shown to foster bystander behavior and harm reduction. This intervention did not occur during the pandemic due to the football season being cancelled.

- There is intentional campus creation and promotion of activities at higher risk times, like Ram Welcome. An example is the First 50 Days that involves University Housing’s integration of activities for students to engage in during their first eight weeks on campus.

- The CSU RamRide program provides free, safe rides for CSU students. The community of Fort Collins has a late-night bus route. Ram Ride has partnered with Lyft to expand reach across nation during the pandemic for students who were attending virtually. This partnership has continued since the return to campus in Fall 2021 with offering coupon codes during high-risk times such as game days, Halloween, and St. Patrick’s Day.

- Semester at Sea substance use prevention efforts include expectation setting, accountability, community building, student alcohol misuse prevention education and active bystander intervention messaging. Education follow up involves a post, first port motivational interviewing questions activity. Due to the pandemic, the Semester at Sea did not voyage until the Spring 2022 semester.

Outreach

- CREWS Peer Education and Manager of Substance Misuse Prevention and Assessment provides alcohol, marijuana and tobacco/vaping presentations and outreach, using best practices for content and delivery.
- Substance Misuse Prevention staff continue to work collaboratively with campus mental health and well-being colleagues to foster healthy coping strategies and skill-building.

Other Communications

- Substance misuse prevention health communications are provided through various campus communication options, including social media, during critical times during the year.
- Off Campus Life and Student Resolution Center implemented a campaign called, Your Actions Have Impact.

Help-Seeking, Treatment and Recovery

- Students with a Conduct Code violation related to alcohol and/or other substances are sanctioned to complete the Basics online assessment through CSU Health Network Drugs, Alcohol, and You (DAY) Program, which helps to determine the most appropriate level of intervention.
 - DAY works with sanctioned and non-sanctioned students across the spectrum of use, including addiction. See <https://health.colostate.edu/day-programs/> for detailed information about DAY Program offerings.
 - Nicotine cessation provides support for students interested in quitting or reducing nicotine and/or vaping product use.
 - In the 2021-2022, a multi-organizational initiative began to offer community training in opioid overdose response and naloxone administration. Partnerships included but not limited to the national organization SAFE Project, and the Northern Colorado Health Alliance as well as campus community partners such as the School of Social Work, Ram Recovery and the CSU Health Network allowed for the piloting of the Overdose Prevention and Naloxone Access Initiative Spring and Fall 2022. Naloxone access has been made widely available through this initiative at no cost to the CSU community.
 - Ram Recovery Community, founded in 2017, provides peer support for students on all paths and in all phases of recovery including substance use disorders, eating disorders, as well as process and other mental health disorders. The student organization provides weekly community meetings. Ram Recovery hosted their first sober tailgate in Fall 2021, and another in Fall 2022, to help build community. The Manager of Substance Misuse Prevention and Assessment is their advisor. Ram Recovery is supported through the substance misuse prevention budget.
- Ram Recovery's president received funding from Safe Project to attend a national leadership program for collegiate recovery. Their related project for program participation included piloting a recovery ally training created by Safe Project in Spring 2022, and this training continues to be offered. The training focuses on: (1) risks for developing a substance use disorder, (2) harm reduction, (3) holistic pathways of recovery, (4) stigma and (5) allyship. Ram Recovery leadership and CREWS peer education members also assist with overdose prevention trainings.
- Online screening tools are accessible through the YOU@CSU portal and CSU Health Network website to assess symptoms of substance misuse and distress and encourage help seeking behaviors.

There is a partnership with the CSU Marijuana Research group to improve effectiveness of Electronic Check Up to Go Marijuana online screening, personalized feedback, and intervention program for future use at CSU. This research is in its analysis phase with anticipated results in the 2022-2023 academic year.

Policies/Procedures Relating to Alcohol and Other Drugs

- Campus Policy Alcohol and Drugs and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=738>
- Campus Policy Smoking, Vaping and Tobacco Use Policy and Procedures: <https://wsnet2.colostate.edu/cwis549/csufc/policy.aspx?id=543>
- CSU Tobacco-Free Campus website: <https://tobaccofree.colostate.edu/> provides a summary of policy change communications that was used to educate campus, to include levels of enforcement. Campus signage has been updated and receptacle removal is in process but has had delays due to heightened needs from pandemic for Facilities services.
- CSU Responsible Action/Medical Exemption: <https://resolutioncenter.colostate.edu/responsible-action-exemption/>
- CSU Substance Abuse ticket: This ticket used for first time, low-level offenders and provides an opportunity to connect students to resources to prevent recidivism and reduce risk around alcohol and other substances.
- CSU Residence Halls Policies and Procedures: Alcohol and Drugs; Smoking, Vaping and Tobacco Use: <https://housing.colostate.edu/halls/policies/>
- CSU Tailgating Policy and Procedures: <http://policylibrary.colostate.edu/policy.aspx?id=754>
- CSU Student Conduct Code: <https://resolutioncenter.colostate.edu/prohibited-conduct-behavior/>
- The Fort Collins Social Host Ordinance went into effect Fall 2016. This civil ordinance holds people responsible for providing a place for underage consumption (alcohol and marijuana) to occur: <https://www.fcgov.com/neighborhoodservices/socialhost.php>
- CSU collaborates with the Responsible Association of Retailers (RAR) to promote business practices that reduce alcohol and marijuana related harm to students 21+ (i.e., promotional specials), as well as prevent underage access.
- The CSU Health Network has a protocol for students seeking pain medication prescriptions and/or refills.

Alcohol and Other Drug Policy Violations, Sanctions and Related Deaths

Students: The discipline process begins when Student Conduct Services receives a written account of an incident. These reports include but are not limited to police reports; residence hall incident reports; reports from faculty, administrative staff, students, or other members of the CSU community; reports from outside the CSU community. A Hearing Officer reviews the information available to decide next steps.

In most disciplinary cases involving alcohol and/or other drugs, students are required by their Hearing Officer to complete the Basics online assessment through CSU Health Network Drugs, Alcohol and You

(DAY) Program, which helps to determine the most appropriate level of intervention. DAY works with sanctioned and non-sanctioned students across the spectrum of use, including addiction. See <https://health.colostate.edu/day-programs/> for detailed information about DAY Program offerings.

Employees: The manufacture, distribution, dispensation, possession or use of controlled substances, illicit drugs and alcohol on University property or in connection with any University activity, including work, is prohibited except as specifically allowed by law and University policies and procedures. Impairment by alcohol and other drugs in the academic and workplace settings at CSU is also prohibited. Any employee whose act in violation of the policy also results in a conviction under a criminal drug statute must report the conviction in writing to the employee's departmental supervisor within five days. The University, in turn, is obliged by law to report certain convictions to the federal government.

The University will impose sanctions for violation of this policy, which may include disciplinary action such as reprimand, suspension, salary reduction, demotion or termination of employment for employees. Sanctions will be imposed in accordance with applicable laws and University processes.

Grievance and appeal procedures affording due process to those subjected to disciplinary action are set forth in the Academic Faculty and Administrative Professional Manual, Human Resources Manual and Student Conduct Code, as applicable.

Annual Notifications: The Clery Compliance Committee, pursuant to The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, publishes an Annual Security and Fire Safety Report each fall. This report, which is emailed to all students and employees and made available to all potential students and employees includes information and policies related to, among other topics required by the act, alcohol and other drugs on CSU campuses. Pursuant to the Drug Free Schools and Communities Act, the Drug and Alcohol Prevention Program (DAAPP) annual notice is sent to all students and all employees at the beginning of the Spring and Summer semesters and cross referenced in the Fall distribution of the Annual Security and Fire Safety Report. These notices include CSU's drug and alcohol policies, substance misuse prevention efforts and treatment support information, health impacts and risks of alcohol and drug use and applicable federal and state legal sanctions.

DAY Program Utilization 2020-2021 and 2021-2022

	2020-2021	2021-2022
Students Served	565	603
Total Appointments	1,781	1,739

CSU Police Citation Data 2017-2021

	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022
Drug Law Offense	139	86	37	20	26
Liquor Law Offense	156	110	48	25	79

Alcohol and Other Drug-Related Deaths 2020-2022

There was one AOD-related death in the 2020-2021 academic year and none for 2021-2021 academic year.

RECOMMENDATIONS SUBSTANCE MISUSE PREVENTION EFFORTS

COVID19 Considerations

In the 2020-2021 and 2021-2022 academic years, several of CSU's substance misuse prevention efforts were significantly impacted by the COVID19 pandemic. The level of impact included not only delivery of certain initiatives and programs but also reshaped the current needs of CSU's student population along with growing concerns around fentanyl lacing and related overdoses nationally and in Colorado.

Notably, substance use behavior changes were seen, particularly around alcohol consumption. A shift from behaviors associated with social substance use to solo substance use was observed particularly with alcohol. Environmentally driven behaviors such as binge drinking and driving under the influence were impacted by lockdown protocols and crowd gathering limits. More information is needed to see if this trend will continue, as we move further from the height of the COVID19 pandemic.

Due to recent trends in the illicit drug trade (ex: fentanyl becoming prevalent and being sold as or mixed with other substance classes) there is an observed increase of consumption of illicit opioids. The aforementioned Overdose Prevention and Naloxone Access Initiative aids in reducing harms associated with this trend and mobilized community members to help if an overdose is suspected.

In the 2021-2022 academic year, the Campus Community Substance Misuse Prevention Advisory Committee reviewed current efforts and prioritized five focus areas, informed by recent student health data and needs. Below is a summary of these prioritized next steps, including relevant data and rationale.

1. **Expand Diversity, Equity, Inclusion and Social Justice (DEIJ) Informed Substance Use Practices and Targeted Initiatives for Marginalized Groups** *Includes garnering feedback from identity groups on substance use perceptions and behaviors and providing tailored programming to meet their needs.*
2. **Expand Collegiate Recovery Community Advocacy, Growth, and Support** *Includes advocating for increased institutional support (ex: funding, professional staff, dedicated space)*
3. **Expand Substance Use Screening Opportunities** *Identifying spaces and/or groups to provide additional substance screenings and personalized feedback for early intervention opportunities.*
4. **Focus on Responsible Advertising and Retailer Engagement** *Reengaging media partners in best practices around substance advertising and reporting. Reigniting the partnership with community Responsible Retailers (alcohol and cannabis) to support harm reduction efforts.*
5. **Focus on COVID19 Pandemic Influences** *Includes mental health and wellbeing focus and impacts on substance use.*

DEIJ Informed Substance Use Practices/Targeted Initiatives

Data and Rationale:

9.2% of LGBTQIA+ students and 14.5% of student who identify as both BIPOC and LGBTQIA+ who reported drinking in the last 12 months seriously considered suicide when drinking. These findings are statistically significantly higher than their CSU and national peer groups.

Additional References: <https://docs.google.com/document/d/1jQQ3Z-gzHtbRM9xrVVuxJB3ouLumftqhBOgAF4rNJbo/edit?usp=sharing>

Activities, Resources, and Timelines:

- Forge Connections Around Campus to Build Support (Spring 2022-Fall 2023):
 - Faculty/Staff Connections: College Diversity Officers, Student Diversity and Program Services Staff, Equity and Inclusivity Network Diversity Officers.

- Student Connections: Culturally-based Fraternities/Sororities, tailored educational programs and connections.
- Better Market and Explore Needs for Existing Support Networks and Related Resources (Spring 2022-Spring 2024):
 - Increase training of and marketing to colleagues on referrals for marginalized students, taking inventory of access points.
 - Assess if additional resources are needed for existing support networks and related resources.
- Conduct Literature Review and Review Emerging Data (Spring 2022-Spring 2023):
 - Triangulate data and institutional knowledge to inform efforts.
 - Re-review CSU Health Network Patient Satisfaction Survey data by demographics to determine if any service line adjustments are needed.
 - Review research about the best ways to support students with varying identities and share with Campus Community Substance Misuse Advisory Committee.
 - Continue to review and share National College Health Assessment (NCHA) data, including disaggregated DEIJ data, and use to inform services, initiatives and advocate for identified resources.
- Recenter BIPOC & LGBTQIA+ Students for Current Services Spring 2022-Spring 2024):
 - Re-review CSU Health Network service use demographic information in comparison to campus representation to determine if there are any gaps or barriers/access issues and address.
 - Re-assess CSU Health Network Services and substance misuse prevention initiatives through Universal Design approach.

Expanding Collegiate Recovery

Data and Rationale:

Strong evidence shows that by providing dedicated and supportive spaces, initiatives, funding, and human resources, students in recovery are more likely to be retained, graduate at higher rates, and have higher GPAs than their counterparts.

Students in recovery who are supported by their institution also increase their connectedness to their campus community even as alumni.

For more detail on the standards of collegiate recovery, visit: <https://collegiaterecovery.org/standards-recommendations/>

Activities, Resources, and Timelines:

- Establish Dedicated Space (2023-2024 Academic Year):
 - Dedicated space as defined by the Association of Recovery in Higher Education recommendations and standards (see above).
 - Recovery housing distinct from current “substance free” housing.
- Advocate for Additional Staffing Support (Summer 2023).
- Maintain Meetings and Support when Students are Away from Campus (Spring 2022):
 - Provide virtual opportunities that are safe and secure.
- Provide Peer Programming (Ongoing):
 - Additional recovery-friendly events.
 - Opportunity for recovery students to engage with greater community and share support resources.
 - Continue to support and provide Recovery Ally trainings.

Substance Use Screening Opportunities

Data and Rationale:

College AIM is a best practice resource with vetted individual and environmental level strategies to address college alcohol use. Each strategy is rated by level effectiveness, cost, and barriers. References to supporting research are also provided. College AIM recommends to (1) conduct alcohol screening in adults aged 18 years or older and (2) provide brief behavioral counseling interventions for the full range of unhealthy drinking behaviors, from risky drinking to alcohol dependence.

They support that brief behavioral counseling interventions reduce heavy drinking episodes and increase adherence to recommended drinking limits. This can also be applied to other substance use.

<https://www.collegedrinkingprevention.gov/CollegeAIM/IndividualStrategies/default.aspx#IND-27>

Activities, Resources, and Timelines:

- Use Existing Data to Identify At-Risk Groups (Ongoing):
 - Alcohol Edu data (for first year students)
 - NCHA
 - Literature review
- Relationships and Delivery (To Be Determined):
 - Partner with ASCSU Student Government and CREWS Peer Education to model screening as an organization and support additional campus screening options beyond YOU@CSU, CSU Health Network website, mental health and well-being student support resource marketing, etc.

Responsible Advertising/Retailers (RAR)

Data and Rationale:

College AIM is a best practice resource with vetted individual and environmental level strategies to address college alcohol use. Each strategy is rated by level effectiveness, cost, and barriers. References to supporting research are also provided. Strategies relating to this topic include:

- Restrict Happy Hours/Price Promotion
- Establish Minimum Unit Pricing
- Restrict Alcohol Sponsorship and Advertising

For more information,

visit: <https://www.collegedrinkingprevention.gov/CollegeAIM/EnvironmentalStrategies/default.aspx>

Activities, Resources, and Timelines:

- Reignite partnership with Responsible Alcohol Retailers to explore potential next steps (Summer 2023-Fall 2023).

COVID19 Pandemic Influences

Data and Rationale:

A variety of emerging research shows that impacts on substance use in relationship to the pandemic include:

- Increase in overdoses (more than 93,000+ in US in 2020, 30% increase from 2019).
- Increase rate of alcohol purchasing and consumption.
- Increased rate of substance use.
- Increase in harmful consumption behaviors (consuming regularly alone or to cope).

A variety of emerging research shows that impacts on mental health in relationship to the pandemic include:

- Increased rates of mental illness, including depression and anxiety, can lead to increased substance use.
- Increase in maladaptive coping behaviors.
- Exacerbating symptoms of existing conditions (ex. mood disorders, hypomania).
- Increased social isolation.

CDC: COVID-19 and People at Increased Risk: <https://www.cdc.gov/drugoverdose/resources/covid-drugs-QA.html#increased-use>

NIH: COVID19 and Substance Use: <https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-substance-use>

Activities, Resources, and Timelines:

- Research and Data Analysis (Ongoing):
 - Apply emerging research on pandemic's impact on substance use and mental health to inform substance misuse prevention efforts.