Colorado State University 2024 Biennial Review

Substance Misuse Prevention

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CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY

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I. Introduction

The Federal Drug Free Schools and Communities Act requires all institutions of higher education that receive federal funds to conduct a biennial review of their campus 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 on the recommendations of the National Institute on Alcohol Misuse and Alcoholism and its review of both individual and environmental, evidence-based strategies, as well as emerging best practices. Additionally, CSU's approach includes application of both the socioeconomic model and harm reduction strategies as part of its multi-pronged framework. Timely data review also informs this approach to identify any gaps or disparities. The substance misuse prevention program is guided and reviewed by an advisory committee, representative of internal and community partners.

II.   Substance Misuse Prevention Programs and Services

CSU implements a comprehensive, multi-tiered approach to substance misuse prevention that spans early engagement, education/skill-building, resourcing, early identification, policy and addressing the environment in which health behavior decisions are made to co-create a healthy and safer learning community. The programs and services listed below are grounded in evidence-based practices, evaluated specifically for the CSU community when possible and are designed to meet students and employees at key points in their campus experience.

Early Engagement and Ram Orientation

Introduce students and families to healthy norms, substances education and bystander skills, support resources and policies before risks escalate.

Rams Take Care, Rams Take Action

- Description: Norming, substances education, bystander intervention, and motivational interviewing workshop led by trained orientation student leaders

- Focus population: Incoming first-year CSU students

- Intended outcome: Students accurately perceive peer drinking and substance use norms, can identify common substances used and are better equipped to navigate decision making, and improve bystander intervention confidence.

Psychosocial Mindset Training

- Description: Orientation session video and reflection exercise that shares common college transition challenges and strategies to overcome challenges from peers with varying identities

- Focus population: Incoming first-year CSU students

- Intended outcome: Support student adjustment to college with an emphasis on social connectedness, a known protective factor against substance misuse

Parent and Family Presentations

- Description: Session covering CSU Health Network requirements, recommendations, support services, and prevention conversation guides

- Focus population: Parents and family members of incoming students who attend orientation

- Intended outcome: Families are more equipped to have prevention-focused discussions at home and have need to know information about student support resources for their student's application.

AlcoholEdu Module

- Description: Required training with expectation setting, norms clarification, and personalized feedback and tailored content for abstainers, light to moderate users, or frequent substance users. Covers mental and physical effects of substance use, trains in active bystander behavior, and integrates prescription drug use, and cannabis education. Participants also learn about support resources and are required to e-sign they have read related campus policies.

- Focus Population: Incoming students under the age of 23

- Intended Outcomes: Students facilitate healthier decisions related to alcohol and drugs and gain awareness and confidence in bystander intervention, as well as learn about related campus policies and support resources

Sexual Assault Prevention Module

- Description: Required training on issues related to stalking, interpersonal violence and sexual assault. Students learn about consent, the role of alcohol and substances, and how to help a friend or safely intervene in a situation. Participants also learn about support resources and are required to e-sign they have read related campus policies.

- Focus Population: Incoming CSU students

- Desired Outcomes: Improved understanding of what constitutes stalking, interpersonal violence and sexual assault, and consent, gain awareness and confidence in bystander intervention, and learn about related campus policies and support resources

Digital Self- Health, Skill Building, and Coaching Resources

Tools aimed to lower barriers to screening and support resource navigation and well-being for students, staff, and faculty.

YOU@CSU

- Description: A personalized hub with substance-use and mental-health screeners that connect students to resources and support services in the areas of Succeed (Academics/Career), Thrive (Physical/Mental Health), and Matter (Purpose/Connection). Includes alcohol and other drug-related educational content. FindHelpNow is a crisis navigation tool within the hub that can connect users to appropriate help in moments of need. The employee version focuses on health and well-being, professional development, and dials up work-life balance resources. It also provides guidance on how to support student well-being and students in distress.

- Focus Population: Students, staff, and faculty. Incoming students are encouraged to create a profile and explore YOU@CSU when onboarding.

- Desired Outcomes: At-risk users are connected to appropriate resources in a timely manner, while educational content is made accessible to the broader campus community.

SilverCloud

- Description: Self-guided trainings based on cognitive behavioral therapy principles to support enhancement of well-being, management of stress, anxiety, social anxiety, depression, improve sleep, and boost body image. Students have the option for a coach to support their adherence to the program.

- Focus Population: Students, staff, and faculty

- Desired Outcomes: Users are provided with education and gain tools to implement in daily life related to noticing and changing cycles of negative thoughts or habits.

Nod Strengthen Social Connections App

- Description: Free app designed to mitigate feelings of loneliness and offer tools to practice creating connection

- Focus Population: Interested students

- Desired Outcomes: Students feel empowered to build authentic social connections, a protective factor for substance misuse, while addressing the psychological foundation of loneliness using skill-building challenges and personal reflection exercises to create social goals into achievable steps

Rams Fail Forward

- Description: Webpage and pledging option for students with tips and resources on recovering and learning from failure

- Focus Population: Interested students, staff, and faculty

- Desired Outcomes: Students and staff are equipped to bounce back from failure with awareness of campus resources.

Note: Other online tools include resources linking to quitting apps for tobacco, nicotine, and vaping, as well as mindfulness apps designed to support overall well-being.

Student Staff Training and Residential Life Initiatives

Empower student leaders and staff to foster a healthy social, living and learning environments and make referrals to support resources.

Student Staff Training

- Description: Training in substances, motivational interviewing, harm reduction, noticing a student struggling and referral, and bystander intervention

- Focus Population: Student leader roles such as Ram Orientation Leaders, Ram Welcome Leaders, Resident Assistants and University Housing Support Staff, Student Media, Cultural Resource Center Mentors, etc.

- Desired Outcomes: Staff confidently create environments that encourages healthy decisions around alcohol and other drugs, bystander intervention behavior and support referral

Setting Expectations Campaign

- Description: Fall semester messaging on alcohol and substance misuse prevention, campus substance policies, including Responsible Action and Medical Exemption, and reinforcement of Alcohol Edu content related to providing support to peers related to alcohol poisoning and overdose

- Focus Population: All residents in follow up to a housing contract signing

- Desired Outcomes: Students understand policies, responsible action/medical exemption options, and successfully complete Alcohol Edu.

Substance-Free Floors

- Description: Designated alcohol- and drug-free residence hall floors offered to students

- Focus Population: Students opting into substance-free living designated housing areas

- Desired Outcomes: Strong peer support for substance free lifestyles

Officer Liaison Program

- Description: CSU Police officers are assigned to each residence hall to build trust and form relationships with students.

- Focus Population: All residents in student housing; however, primarily first-year resident halls

- Desired Outcomes: Reduced stigma around seeking support from campus safety

Fraternity and Sorority Life (FSL)

Integrate harm reduction into Greek education, event planning and policies.

GreekLifeEdu Module

- Description: Required chapters 'training that includes alcohol and drug harm reduction education

- Focus Population: Most fraternity and sorority members

- Desired Outcomes: Standardized, baseline prevention and intervention knowledge across chapters in Greek life settings

Harm Reduction and Risk Management Workgroup

- Description: Committee focuses on exploration, implementation, and updates to harm reduction and prevention strategies specific to the FSL community. Toolkits are available for chapters that cover vendor contracting, event monitoring, tailgate planning, and BYOB guest list strategies.

- Focus Population: FSL community risk managers and event planners

- Desired Outcomes: Safer Greek-sponsored events and communities

Joint Policy Review

- Description: Annual [Fraternity & Sorority Risk Management policy](#) update

- Focus Population: FSL Joint Policy on Risk Management for community application

- Desired Outcomes: Policies reflect current best practices and updates communicated.

Workshops and Tailgating Summit

- Description: Office of FSL provides annual workshop on harm reduction topics that have featured alcohol, cannabis, and managing alcohol and other drug expectancies in a social drinking environment; Tailgate Summit discusses safer FSL tailgate planning.

- Focus Population: Chapter risk management officers

- Desired Outcomes: Implementation of safer events, increased knowledge of substance misuse prevention for chapters

Note: There is intentional follow-up regarding violation of alcohol or other illegal substances policies and online publishing of fraternity and sorority organization conduct outcomes. Additionally, CSU provides hazing prevention training, messaging, and encourages incident reporting for the broader campus community. FSL specific hazing prevention resources can be found [here](#).

Student Athlete Support

Embed prevention and direct mental health care within Athletics and meeting National Collegiate Athletic Association requirements.

First-year Athlete Curriculum

- Description: Substances education and misuse consequences integrated into mandatory athlete course curriculum

- Focus Population: Incoming student athletes

- Desired Outcomes: Demonstrated substances education knowledge gains, along with increased awareness of related policies and support resources

Embedded Counselor

- Description: Director of Athlete Mental Health and Performance, as well as CSU Health Network counselor stationed within Athletics

- Focus Population: All athletes and coaches

- Desired Outcomes: Timely mental health and substance use support for student athletes and coach education, along with partnership with the CSU Health Network on student athlete education and prevention efforts

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

High Risk Times and Events

Target interventions when misuse risk is higher.

Community Welcome

- Description: Door-to-door outreach by volunteers made up of CSU students and staff, city employees, and Fort Collins and CSU Police, outreaching to approximately 2,000 homes surrounding the main campus. Teams distribute information about City ordinances and expectations CSU has for its students, along with education about being a good neighbor to create positive relationships.

- Focus Population: Off-campus students., neighbors, and residents.

- Desired Outcomes: Positive town–gown relationships, clear behavioral expectations, and promoting a sense of community

Note: While this is currently being phased out, the university is exploring alternative approaches to support this event's desired outcome in fiscal year (FY) 2026.

Party Registration Program

- Description: 20-minute voluntary shutdown window after a noise complaint. Party smart tips provided upon registration of party

- Focus Population: Off campus student hosts

- Desired Outcomes: Reduced noise violations and cultivate safer gatherings

Targeted Messaging Campaigns

- Description: Harm reduction and expectation-setting health messaging distributed by campus administrators and the Public Safety team for events like the Rocky Mountain Showdown football game with CU-Boulder, Halloween, and Spring Break/St. Patrick's Day. Typically, these messages are accompanied by a related student health messaging campaign using campus media outlets.

- Focus Population: All students during high-risk windows

- Desired Outcomes: Help lower incident rates vs. previous years

Alternative Programming (First 50 Days)

- Description: Substance free events during Ram Welcome and in the first eight weeks

- Focus Population: First year students, and ongoing

- Desired Outcomes: Engagement in healthy social activities

Safe Rides (RamRide, Lyft, Community Policy, and Bus Route)

- Description: Free late night community bus route, Lyft coupons during high-risk times, a new city policy that allows overnight parking downtown, and RamRide slots available for reservation to provide students with safe rides on Friday and Saturday nights

- Focus Population: Any student traveling late at night

- Desired Outcomes: Fewer impaired-driving incidents and safer transportation

CSU Sporting Event Substance Misuse Prevention

- Description: Intentional prevention strategies for CSU sporting events include:

  o Pre-event, tailgating, and same-day policy communications

  o Limiting alcohol sales hours at venues

  o Server training programs

  o Game day protocols and policy enforcement

- Focus Population: Attendees of CSU sporting events, with emphasis on students

- Desired Outcomes: Reduce substance misuse incidents, and ensure a safe and enjoyable environment at sporting events.

Football Game Bystander Intervention

- Description: The CREWS Peer Education team engages student football game attendees in brief motivational interviewing conversations and encourages pledging to foster bystander behavior and harm reduction practices.

- Focus Population: Student attendees at CSU home football games

- Desired Outcomes: Increase active bystander behaviors among students, reduce alcohol/substance related incidents during games, and promote a culture of safety and responsibility

CSU Police Patrol

- Description: The CSU Police Department engages in party patrols, DUI saturation patrols, and compliance checks throughout the year, with greater emphasis during early Fall, around Halloween and late Spring.

- Focus Population: CSU students participating in off-campus social activities

- Desired Outcomes: Promote safer party environments, reduce impaired driving, and increase compliance with laws and university policies.

Semester at Sea

Extend CSU's prevention model to global learning environments.

PreVoyage Expectation Setting

- What: Expectation setting, accountability, community building, student substances misuse prevention education, and active bystander intervention messaging before embarkation. Education follow up involves a post, first port motivational interviewing questions activity.

- Focus Population: Semester at Sea participants

- Desired Outcomes: Students feel prepared to manage risks abroad and navigate decision making.

Outreach and Communications

Maintain visibility of prevention messaging year-round.

- Description: Professional and peer based, interactive substances-related presentations and educational outreach, including, but not limited to alcohol, cannabis, vaping/ tobacco, and opioid overdose prevention.

- Focus Population: General student body and customized for identity-based communities, as needed

- Desired Outcomes: Increased knowledge and risk reduction behaviors

Opioid Overdose Prevention and Naloxone/Fentanyl Testing Strip Access

- Description: Opioid prevention and harm reduction trainings. Free naloxone kits and fentanyl strips available at multiple campus locations and via an online request process.

- Focus Population: CSU community members during campus outreach events and student groups who have requested training

- Desired Outcomes: Community mobilized to help prevent and respond to opioid overdoses.

Collaborative Campaigns

- Description: "Your Actions Have Impact" Off Campus Life and Student Resolution Center messaging

- Focus Population: Student community, with emphasis on those that have had infractions

- Desired Outcomes: Heightened community responsibility and norm awareness

Seasonal Health Communications

- Description: Prevention health messaging at key calendar points using campus media outlets

- Focus Population: Entire CSU community, with intention for customized messaging for higher-risk population FY2026 onward

- Desired Outcomes: Continuous reinforcement of prevention messaging, screening and support resources

Screening, Treatment and Recovery

Ensure seamless pathways from risk identification to recovery support.

Interactive Screening Program

- Description: Higher risk students are emailed a brief screening along with the opportunity to connect virtually with a counselor that can facilitate ongoing support, as needed.

- Focus Population: Higher-risk student groups, such as those known to experience high levels of distress, increased risk for suicidal ideation, and substance misuse based on literature reviews, clinical evidence, and campus National College Health Assessment themes, as well as students on academic probation

- Desired Outcomes: Early identification of students with higher risk for mental health distress, substance use, and crisis

Impact Feedback

- Description: An online alcohol and other drug self-assessment that takes approximately 20 minutes to complete. It provides personalized feedback, and a "next step" recommendation based on the user's responses, whether they are exploring out of curiosity or as part of a treatment requirement.

- Focus Population: Website visitors and participants in the DAY program

- Desired Outcomes: Support identification of potential substance misuse and guide users toward appropriate resources or interventions.

Drug, Alcohol, and You (DAY) Program

- Description: Offered through the CSU Health Network, DAY program provides both mandated and voluntary counseling services for students navigating the full spectrum of substance misuse or other compulsive behavioral issues. Grounded in harm reduction and personal autonomy, the program offers non-judgmental, dignified care through screenings and assessments, individual counseling, groups, workshops, and support in identifying pathways to recovery.

- Focus Population: Students with alcohol or drug-related conduct violations, as well as students voluntarily seeking counseling and support

- Desired Outcomes: Accurate triage to appropriate intervention levels and individualized support treatment

Ram Recovery Peer Community

- Description: Weekly peer-led support meetings, community building and events (example-sober tailgate)

- Focus Population: Students in any phase of recovery (substance use, eating disorders, mental health)

- Desired Outcomes: Provide and strengthen support networks and reduced stigma

Employees

Ensure employees have meaningful resources available for substance misuse treatment.

Employee Assistance Program

- Description: On-site assessment and referrals, 3rd party counseling, and support in connecting to treatment and counseling

- Focus Population: Employees struggling with mental health and substance related issues

- Desired Outcomes: Support employees with accessible treatment to help them lead healthy lives

III.   Policies/Procedures Relating to Alcohol and Other Drugs

Policy Library
CSU maintains a comprehensive and regularly updated policy library addressing alcohol and other drugs. Policies include the Alcohol and Drugs Policy and the Smoking, Vaping, and Tobacco Use Policy.

Tobacco-Free Campus
CSU's Tobacco-Free Campus initiative includes communications about policy changes, levels of enforcement, and campus-wide education efforts.

Responsible Action/Medical Exemption
 The Responsible Action Exemption encourages students to seek emergency assistance in substance-related situations without fear of conduct violations, supporting health and safety as a priority.

Substance Misuse Ticket Protocol
 This approach is used for first-time, low-level substance offenses. It focuses on education and connection to resources, aiming to reduce risk and prevent recurrence.

Residence Hall Policies
 CSU's Housing and Residence Life policies outline clear expectations regarding alcohol, drugs, smoking, vaping, and tobacco use in on-campus housing.

Tailgating Policy
 CSU has specific tailgating regulations to promote responsible behavior and minimize substance-related harm during campus events.

Student Conduct Code
 The Student Conduct Code outlines prohibited behaviors, including violations related to alcohol and drug use, and serves as the foundation for accountability and education.

Fort Collins Social Host Ordinance
This city ordinance holds individuals accountable for hosting gatherings where underage alcohol or cannabis use occurs, reinforcing community responsibility.

Responsible Association of Retailers (RAR)
CSU collaborates with RAR to promote responsible business practices among local establishments. The focus includes reducing alcohol and cannabis related harms for students aged 21+ and preventing underage access.

CSU Health Network Protocol
 The CSU Health Network has established procedures for students seeking prescriptions or refills for pain medications, ensuring safe, responsible use of controlled substances.

Students
When a report of an alcohol or drug-related incident is received by Student Conduct Services, a Hearing Officer reviews it to determine the next steps. Most students are referred to the **DAY Program** for an online assessment, which helps determine the appropriate level of intervention.

Employees

Distribution, dispensation, possession, or impairment by alcohol or drugs on university property is prohibited. Violations may lead to disciplinary actions, including suspension or termination. Convictions related to drug offenses must be reported within five days and may be reported to federal authorities. Grievance procedures are outlined in employee manuals and student conduct codes.

Annual Notifications

Per federal law, CSU sends annual notifications with information on substance use policies, prevention programs, health risks, and legal consequences. These are shared each semester within the Drug and Alcohol Prevention Program annual notice and cross referenced in the **Annual Security and Fire Safety Report**.

IV.   2022 Goal Progress

Expand Population-Informed Substance Use Practices

A literature review was conducted, and a training session was hosted with the Substance Misuse Prevention Advisory Committee to inform campus and community efforts. A gap in demographic-specific best practices was identified, as most guidance is broad. National College Health Assessment data was analyzed by demographics and shared with partners, along with targeted educational efforts for identified groups. The advisory committee showed interest in exploring the mobilization of communication campaigns for specific populations that are difficult to reach or are disproportionately affected.

Expand Collegiate Recovery Community

Peer-led, weekly support meetings and substance-free events, such as the Fall Sober Tailgate, continued. Grant opportunities were explored to fund a recovery-focused program, including a dedicated staff position, recovery housing, recovery-focused programming, and self-identification and resources support embedded within the admissions process. Although two grant applications were unsuccessful, a third decision is awaited in June 2025 through local opioid abatement funds.

Expand Substance Use Screening

The Marijuana Check-Up screening tool was discontinued due to low impact, determined via collaborative research with the University of San Deigo, CSU Health Network and CSU's Marijuana Rearch Group, and an outdated interface. The Interactive Screening Program continued to be used with identified, high-risk student groups. Starting Fall 2025, the Program expanded with additional reach to higher-risk student groups for substances misuse with interest in continuing to innovate and improve screening practices.

Responsible Advertising and Retailer Engagement

This goal was postponed due to staffing changes on campus and in the community but will proceed as a 2026 biennial review goal, following the College AIM framework. Staffing has been stabilized at the time of writing this report.

Focus on COVID-19 Pandemic Influences

Emerging trends, including increased social isolation and its impact on substance misuse, were presented, framed within the Social Ecological Model, and shared with the Advisory Committee for application.

V.   Assessment of Alcohol and Other Drug Use, Behaviors and Attitudes

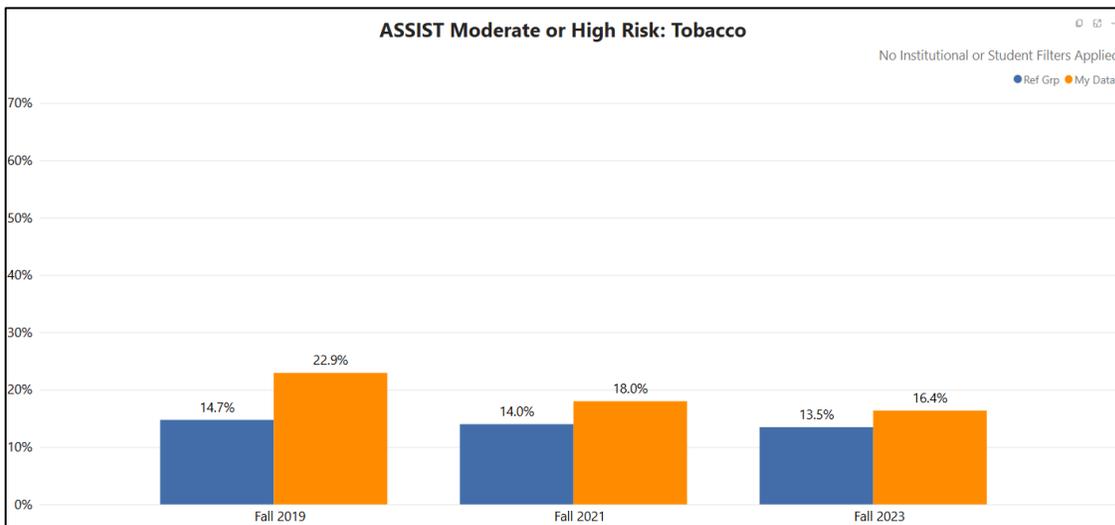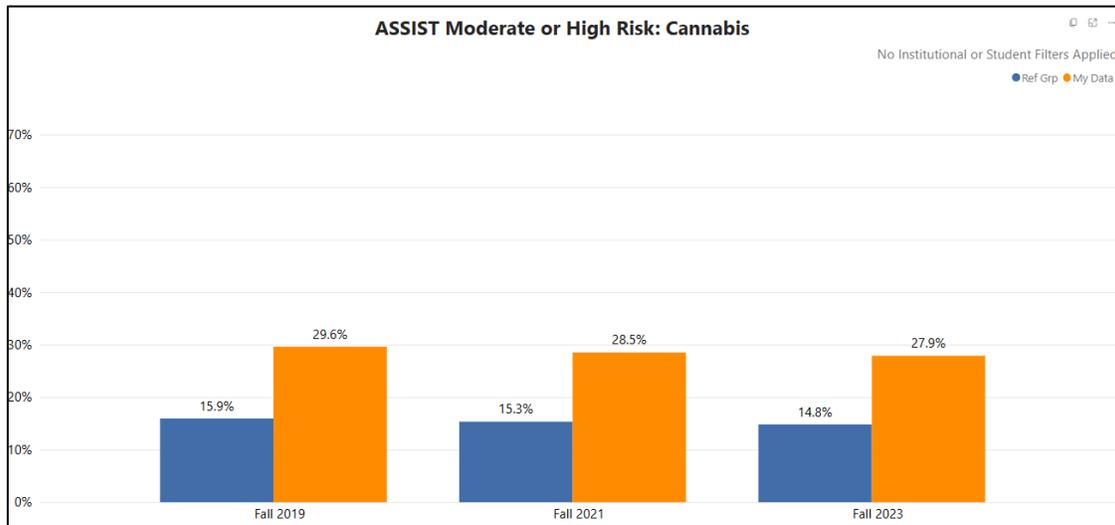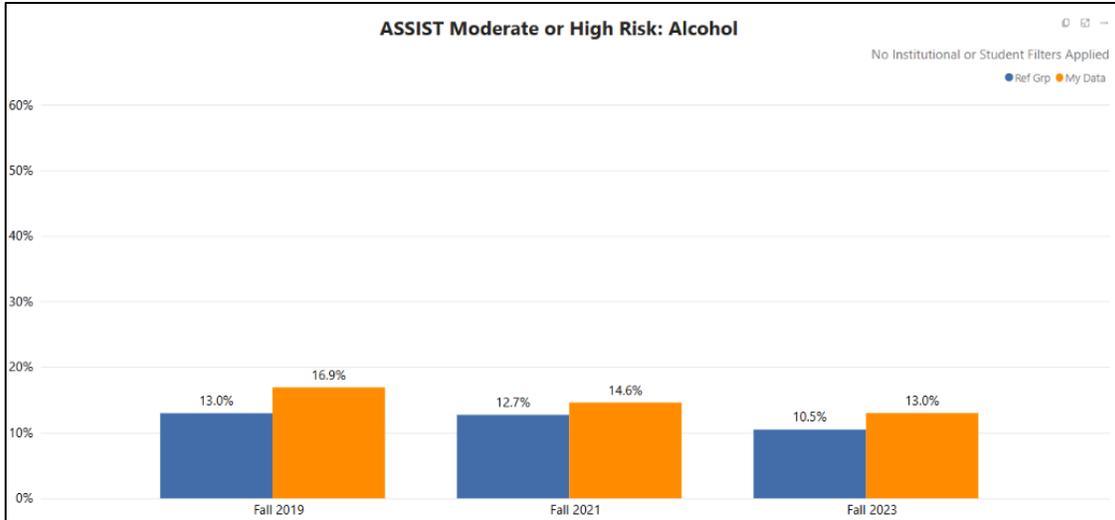**National College Health Assessment**

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 2.5 million students at over 1,000 colleges and universities across the country have taken the survey since Spring 2000. The instrument is considered both reliable and valid.
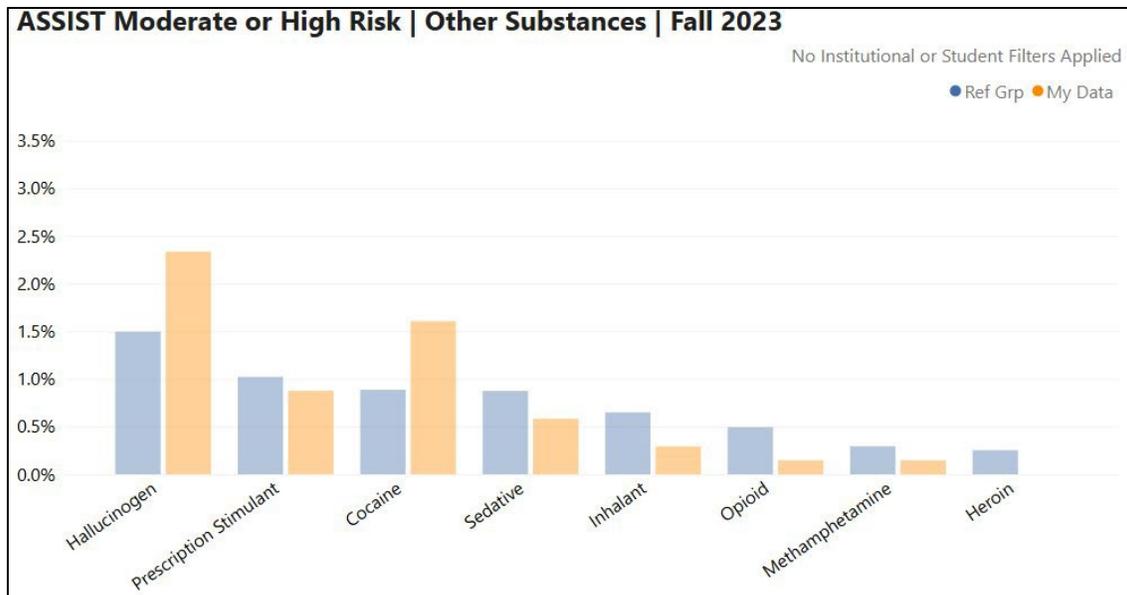
The CSU Health Network has conducted the survey every two years, using a random sample, since Fall 2011. Due to significant changes to the survey instrument in 2019, benchmarking and year-to-year comparisons are conducted using data from 2019 onward.

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 has been performed since Fall 2019. Students who provided their contact information to Fraternity and Sorority Life and the Student Disability Center also were invited to participate.

A total of 638 CSU students responded to the Fall 2023 survey. The information below is sourced from the NCHA Data Hub and reflects currently available NCHA data. Due to staff transitions during the writing of this report, the raw data has not yet been analyzed to account for oversampling or demographic breakdowns. Plans to conduct this analysis for the 2023 data are scheduled for Summer 2025 and will also be applied to any upcoming ACHA data moving forward.

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 collapsed into a risk category of low risk, moderate risk, or high risk. The following data shows risk scores for only those who endorsed use in the last 3 months and scored moderate or high on the risk scale. Apart from alcohol, tobacco/nicotine, and cannabis, the populations for these data are very small and should be considered when interpreting the frequencies in each category. Most substances experienced a slight decrease in risk scores from previous years.

ASSIST Moderate or High Risk: Alcohol

No Institutional or Student Filters Applied
● Ref Grp ● My Data

	Fall 2019	Fall 2021	Fall 2023
Ref Grp	13.0%	12.7%	10.5%
My Data	16.9%	14.6%	13.0%

ASSIST Moderate or High Risk: Cannabis

No Institutional or Student Filters Applied
● Ref Grp ● My Data

	Fall 2019	Fall 2021	Fall 2023
Ref Grp	15.9%	15.3%	14.8%
My Data	29.6%	28.5%	27.9%

ASSIST Moderate or High Risk: Tobacco

No Institutional or Student Filters Applied
● Ref Grp ● My Data

	Fall 2019	Fall 2021	Fall 2023
Ref Grp	14.7%	14.0%	13.5%
My Data	22.9%	18.0%	16.4%

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ASSIST Moderate or High Risk | Other Substances | Fall 2023

AlcoholEdu

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. While 6,331 and 5,075 students enrolled in AlcoholEdu during the 2022-2023 and 2023-2024 academic years, respectively, pattern data has been requested from the company to understand trends related to incoming student substance use.

Key Findings from CSU Data Collection

In addition to NCHA findings, the advisory committee analyzed a range of quantitative and qualitative data sources that reflect substance use patterns and trends to inform 2024 biennial goal setting.

Student Resolution Center Infractions

The Student Resolution Center recorded an overall decrease in alcohol-related conduct cases, dropping from 833 in FY23 academic year to 578 in FY24. Similarly, drug-related conduct cases declined from 240 in FY23 to 180 in FY24. Responsible Action Exemption (RAE) cases, which involve alcohol and drug-related incidents, showed fluctuating but increased engagement from students, an encouraging trend with 47 RAE cases in FY23 and 53 in FY24.

Sanctions Assigned Related Alcohol and Other Drugs

Between the FY23 and FY24 academic years, there was a decrease in sanctions assigned related to alcohol and drug use, dropping from 385 to 265 (-31%). BASICS, an early intervention alcohol program,

had a slight decrease (34 to 31), while cannabis-specific sanctions remained at zero, potentially reflecting low incident reporting or alternative responses. DAY Program clinician referrals increased from 3 to 7, and Risk Management sanctions increased from 3 to 11, which may indicate increased use of supportive treatment and educational interventions. Participation in Open to Change (Tracks A and B) and Taking the Wheel remained consistent. Track A had 14 sanctions in both years, track B had 1 sanction for both years, and 1 sanction was assigned to Taking the Wheel for 2024-2025 (0 for 2023-2024). Taking Steps saw a slight reduction (20 to 16 participants).

DUI Incidents

There were 63 DUIs recorded in FY23 for CSU students and 64 in FY24.

Residence Hall Medical Transports

A slight increase in emergency transportation was seen from 29 transports in FY23 to 32 in FY24.

CSU Police Department Offenses

Regarding drug law offenses, CSU Police Department recorded 38 citations and 16 physical arrests in the FY23 academic year. In FY24, the total number of drug-related citations decreased to 18, along with a slight decrease in physical arrests to 10. Liquor law offenses were higher than other drug-related offenses. In FY23, there were 59 citations, and 27 physical arrests related to liquor law violations. While citations decreased in FY24 to 27, physical arrests increased to 63.

Student Deaths

Two alcohol and/or other drug-related student deaths were reported, one in Summer 2023 and other in Summer 2024. Both student deaths were accidental overdoses involving male identifying undergraduates in their early twenties, majoring in liberal art fields. Each student had a lower to moderate GPA (2.0 and 2.8) and was in their mid-college years (sophomore and junior). One death occurred off-campus in Fort Collins, while the location of the other was not recorded.

Recent Data and Trends

In gathering information from CSU Health Network Medical and Mental health Services leadership, campus partners and community organizations during this review, trends emerged through this process worth noting. There are themes around an increase in polysubstance use and how to adapt programming to reflect this, rising use of substances such as kratom and nitrous oxide, and an uptick in alcohol-related violence. There are also observed growing concerns around cannabis use paired with mental health symptoms, particularly high anxiety. Persistent concerns remain regarding drink spiking and the connection between substance use and assault, an area often underreported due to its sensitive nature. Engaging retailers with the possibility of adjusting their practices where necessary and education around the risks of marketing practices, such as advertising drink specials to college students, was of interest.

Additionally, upstream prevention efforts within local school systems were shared, as well as opportunities to align community public health organizational priorities with this work. The importance of opioid overdose prevention and utilizing harm reduction strategies was a throughline.

Lastly, DAY programming has been well utilized. A total of 114 students voluntarily sought counseling services through the DAY Program, while 429 mandated referrals were received from the Student Resolution Center during the 2024-2025 academic year thus far. Additional data from the electronic health record platform is being explored to further evaluate risk groups and service utilization patterns.

V. Recommendations for Substance Misuse Prevention Program

The goals below were developed in collaboration with the Substance Misuse Prevention Advisory Council, which includes campus and community partners. After reviewing relevant evidence and trends, priorities were established through a collective voting process. Ideas were then categorized into three tiers: high priority (reflecting broad group consensus), medium priority (CSU Health Network-specific goals), and long-term or resource-dependent priorities (typically newer ideas that require further exploration or goals that face funding constraints).

Priority Level	Goal / Focus Area	What This Means	Rationale / Evidence
High Priority: Advisory Committee Goals	Establish and track Program success metrics.	Develop clear process and outcome measures to evaluate overall effectiveness of CSU's Substance Misuse Prevention Program.	Recommended by SAMHSA; data-driven evaluation improves program effectiveness.[1]
	Assess integration of substance misuse prevention efforts with broader health and safety initiatives.	Evaluate current levels of integration and identify opportunities to enhance collaboration, such as through aligned health messaging, staff training, and shared initiatives, with potential partners being those focused on interpersonal violence prevention, sexual health, or mental health.	Shared risk/protective factor approach endorsed by SAMHSA's prevention framework.[2]
	Incorporate population-specific content into health messaging.	Begin implementation of culturally responsive messaging strategies	CDC advises adapting messaging to audience culture.[3] Minnesota's

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[1] National Academies of Sciences, Engineering, and Medicine. (2020). *Review of specific programs in the Comprehensive Addiction and Recovery Act*. National Academies Press. https://doi.org/10.17226/25745

[2] Substance Abuse and Mental Health Services Administration. (2019). *A guide to SAMHSA's Strategic Prevention Framework*. U.S. Department of Health and Human Services. https://www.samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf

[3] Centers for Disease Control and Prevention. (2023). *Guiding principles to promote an equity-centered approach to public health communication*. U.S. Department of Health and Human Services. https://www.cdc.gov/healthcommunication/pdf/guiding-principles.pdf

		tailored to specific communities. This initiative has been a longstanding priority, and with current staff capacity, the goal is now positioned to be mobilized.	opioid campaign uses culturally responsive messaging to improve relevance and effectiveness, especially for higher-risk or hard to reach groups.[4]
	Address polysubstance misuse.	Reflect changing trends in Program efforts.	Anecdotal CSU Health Network supports rising poly-substance misuse among students and other studies support rising co-use.[5]
Medium Priority: CSU Health Network Goals	Update Ram orientation "Rams take care, rams take action" substance misuse prevention programming.	Revamp current orientation program to have an increased polysubstance focus and updated training delivery method.	By aligning the program with College AIM's best practice strategies[6], CSU can proactively address the complexities of polysubstance use and support early intervention.
	Expand upon early identification and Intervention.	Update CSU Health Network Medical Services clinical encounter screening process and expand the use of the interactive screening program beyond high-risk groups. Integrate the tool into broader health messaging and first year	SAMHSA's screening, brief intervention, and referral to treatment (SBIRT) model emphasizes early intervention opportunities and promotes a public health approach to

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[4] Minnesota Department of Human Services. (2024). *Minnesota's State Opioid Response (SOR) funding overview*. National Association of State Alcohol and Drug Abuse Directors. https://nasadad.org/wp-content/uploads/2024/09/Minnesota-SOR-Brief-Draft-2024_Final.pdf

[5] U.S. Drug Enforcement Administration. (n.d.). *Journal articles*. Campus Drug Prevention. Retrieved May 6, 2025, from https://www.campusdrugprevention.gov/journal-articles

[6] National Institute on Alcohol Abuse and Alcoholism. (n.d.). *Planning alcohol interventions using NIAAA's CollegeAIM*. U.S. Department of Health and Human Services. https://www.collegedrinkingprevention.gov/collegeaim/

		seminars to increase reach and impact, supported by Board of Governors program expansion funding.	addressing substance misuse.[7]
	Engage Retailers	Educate local vendors on risky promotional impacts and engage local retailer associations in possibility of changing practices.	Environmental strategies are effective harm reduction approaches, and engaging retailers is considered a College AIM best practice.[6]
Long-Term or Resource-Dependent Priorities	Deepen Peer Education Work	Adapt to evolving student needs and public health best practices.	Peer models can support student engagement and program impact.[8]
	Strengthen Ram Recovery Program	Strengthen recovery support through dedicated staff, recovery housing, recovery-focused programming, and self-identification and resources support embedded within the admissions process.	Collegiate recovery programs improve retention and well-being.[9]
	Review options for required education tools.	During contract cycle renewal, explore the latest online education tools for incoming students and compare them with AlcoholEdu, in terms of product	College AIM encourages campuses to periodically assess the efficacy and implementation feasibility of programs.[6]

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[7] Substance Abuse and Mental Health Services Administration. (2023). *Screening, Brief Intervention, and Referral to Treatment (SBIRT)*. https://www.samhsa.gov/sbirt

[8] Henderson, M., & Winters, K. (2022). *Integrating peer education in drug misuse prevention efforts: Considerations for effective practice*. Campus Drug Prevention. https://www.campusdrugprevention.gov/news/integrating-peer-education-drug-misuse-prevention-efforts

[9] Laudet, A., Harris, K., Kimball, T., Winters, K., & Moberg, D. P. (2023). Characteristics of students participating in collegiate recovery programs and the impact of COVID-19: An updated national longitudinal study. *The American Journal of Drug and Alcohol Abuse, 49*(1), 76–86. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10959520/

		effectiveness, staffing resources needed for implementation, and technical infrastructure, to determine product for next cycle of use.	