



**UNIVERSITY OF  
ST. THOMAS**

## **Biennial Review of University of St. Thomas Alcohol and Drug Abuse Programs 2016-2017 and 2017-2018**

**We are the University of St. Thomas, the Catholic University in the heart of Houston. We are committed to the Catholic intellectual tradition and the dialogue between faith and reason. By pursuing excellence in teaching, scholarship and service, we embody and instill in our students the core values of our founders, the Basilian Fathers: goodness, discipline and knowledge.**

**We foster engagement in a diverse, collaborative community. As a comprehensive university grounded in the liberal arts, we educate students to think critically, communicate effectively, succeed professionally and lead ethically.**

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require an institution of higher education (IHE) such as University of St. Thomas (UST) to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illegal drugs by UST students and employees both on its premises and as a part of any of its activities. At a minimum, each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illegal drugs and alcohol by students and employees.
- A description of the legal sanctions under local, state or federal law for the unlawful possession or distribution of illegal drugs and alcohol.
- A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry program that is available to employees or students.
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

The law further requires that the institution conduct a biennial review of its program with the following objectives: (1) determining the effectiveness of the policy and implementing changes to the policy if they are needed; and (2) to ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to: (1) the number of drug- and alcohol-related violations and fatalities occurring on the campus or as part of their activities that are reported to campus officials; and (2) the number and type of sanctions the University imposes on students or employees as a result of such violations or fatalities.

University of St. Thomas acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act and authorized an administrative review to be conducted to determine if the university fulfills the requirements of the aforementioned Federal regulations.

The intention of this document is to meet the legal requirements of conducting a biennial review and also summarize the programs and activities related to alcohol and drug prevention on University of St. Thomas' campus during the 2016-2017 and 2017-2018 academic years.

## **Materials Reviewed**

The following materials and programs were examined for the biennial review:

- Complying with The Drug-Free Schools and Campuses Regulations (EDGAR Part 86), A Guide for University and Campus Regulations prepared by the Higher Education Center
- The Higher Education Amendments of 1998 (P.L. 105-244) and the Drug-Free Schools and Communities Act Amendments of 1989, (P.L. 101-226)
- University of St. Thomas Drug and Alcohol Abuse Free Workplace and Campus policy, revised 2017

- Alcohol Use Policy, revised 2016
- Texas Alcoholic Beverage Code
- Residence Life policy and policies related to alcohol and drugs
- University Police Department drug and alcohol arrest reports
- Summaries of conduct cases from Campus Housing and Dean of Students
- Summary of alcohol and other drug-free programming/events sponsored by the University
- A report from Counseling and Disability Services on the Alcohol and Drug Programs offered to provide treatment for college students
- Student Handbook and Code of Student Conduct

### **Compliance with Drug-Free Schools and Communities Act**

The Drug-Free Schools and Campuses Regulations (EDGAR Part 86) lay out several requirements with which all institutions of higher education receiving any form of federal funding must comply, one of which is a biennial review. To understand the ramifications of not complying with this federal mandate, here are some data that illustrate the federal funding that supports financial aid for University of St. Thomas students during the 2016-2017 and 2017-2018 academic years.

#### 2016-2017 Federal Dollars by Type

	<u>Total</u>
Federal Loans	\$19,460,620
Federal Grants	\$3,175,083
Federal Work Study	\$189,912
Total	\$22,825,615

#### 2017-2018 Federal Dollars by Type

	<u>Total</u>
Federal Loans	\$19,268,189
Federal Grants	\$3,533,356
Federal Work Study	\$151,750
Total	\$22,953,295

University of St. Thomas continues to be in compliance with the requirements of the Drug- Free Schools and Communities Act. University of St. Thomas has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illegal drugs by University of St. Thomas students and

employees both on its premises and as a part of any of its activities, as demonstrated through this biennial review. In addition, University of St. Thomas has a written policy on alcohol and other drugs and has developed a thorough method for distributing this policy to every student and employee. The written materials each semester distributed contain the following information:

- Standards of conduct that prohibit unlawful possession, use or distribution of illegal drugs and alcohol on its property or as a part of its activities.
- A description of the health risks associated with the use of illegal drugs and abuse of alcohol.
- A description of applicable legal sanctions under local, state or federal law.
- A description of counseling or treatment programs.
- A clear statement and description of the disciplinary sanctions the institution will impose on students and employees.

University of St. Thomas utilizes a comprehensive framework to address alcohol and other drug use by implementing the following environmental strategies: policy, education, coalitions/collaboration, social life, academics, enforcement, intervention and data/assessment. This document includes an overview of each of the strategies, and assessment data are included within each category.

## **POLICY**

University of St. Thomas Drug and Alcohol Abuse Free Workplace and Campus can be viewed in several places throughout campus including the Student Handbook, on the Dean of Students website, and on the MyStThom portal. There are also references to this policy and to drug and alcohol use and abuse in the Athletic Handbook, Code of Student Conduct, Student Handbook, and the Residence Life Policy and Procedures. Several of the policies are listed below:

### **Federally Mandated Policy: Drug and Alcohol Abuse Free Workplace and Campus**

- Distributed each semester to the University of St. Thomas community which includes students, staff, and faculty.

### **2016-2017**

- The Drug and Alcohol Abuse Prevention policy was distributed to the student body via email on January 19, 2017, and to employees on January 17, 2017, and was made available in the Student Handbook, the MyStThom portal and on the Dean of Students website.
- The Alcohol Use Policy was posted on the MyStThom portal, in the Student Handbook and on the Dean of Students webpage. This policy was also discussed at the Student Leadership Summit, held annually in September and is posted on the Consumer Information page of the University of St. Thomas website.

### **2017-2018**

- The Drug and Alcohol Abuse Prevention policy was distributed to the student body via email on

September 29, 2017 and January 20, 2018, and to employees on September 29, 2017, and was made available in the Student Handbook, the MyStThom portal and on the Dean of Students website. The policy included a summary of material meeting the requirements of the Department of Education.

- The Drug and Alcohol Abuse Policy was updated in 2017, through the Shared Governance process. The revised policy was sent to the campus community at the start of the fall 2017 semester and posted on the MyStThom portal, in the Student Handbook and on the Dean of Students webpage. This policy was also discussed at the Student Leadership Summit, held annually in September and is posted on the Consumer Information page of the University of St. Thomas website.

### **Websites that Address University of St. Thomas Policies about Alcohol and Other Drugs**

Staff, students and visitors can find University of St. Thomas policies on several websites, including:

- Drug and Alcohol Abuse Policy - <http://www.stthom.edu/Campus-Student-Life/Dean-of-Students/Alcohol-and-Other-Drugs.aqf>
- Code of Student Conduct - [www.stthom.edu/dos](http://www.stthom.edu/dos)
- Office of Dean of Students – [www.stthom.edu/dos](http://www.stthom.edu/dos)
- Student Handbook and Campus Housing Policy and Procedure - <https://www.stthom.edu/Campus-Student-Life/Dean-of-Students/Index.aqf#StudentHandbook>
- Title IX Coordinator – [www.stthom.edu/titleix](http://www.stthom.edu/titleix)
- Consumer Information – [www.stthom.edu/consumerinformation](http://www.stthom.edu/consumerinformation)

### **Alcohol- and Drug-Free Campus Workplace Policy Summary**

University of St. Thomas is committed to providing students, faculty, staff and visitors a safe and healthful campus and workplace. The University recognizes the health risks associated with controlled substance use and alcohol misuse and is committed to supporting students and employees who seek treatment for these conditions. The University also recognizes that controlled substance use and alcohol misuse diminish workplace and campus safety and undermine the University's ability to fulfill its missions of educating leaders of faith and character. University of St. Thomas has therefore developed this Drug and Alcohol Abuse Policy. Compliance with this policy is considered a condition of employment and attendance at the university. All employees and students will be notified of this policy by publication.

### **Student Organizations Summary**

#### Use of Alcoholic Beverages

1. All University of St. Thomas students are responsible for complying with Texas Alcohol Beverage Code. Attention is called to the Texas Alcohol Beverage Code that states specifically:
  - a. No person under 21 years of age may use or be in possession of alcoholic beverages.

- b. Persons 21 or over may not make alcoholic beverages available to minors.
  - c. Misrepresentation of age for the purpose of purchasing alcoholic beverages is a violation of Texas Alcohol Beverage Code.
2. In addition to Texas Alcohol Beverage Code provisions, the following university regulations apply:
- a. The University prohibits the possession, consumption, distribution or sale of alcoholic beverages, as defined by state code in or on any University of St. Thomas property, with the following exceptions:
    - Possession, consumption, distribution, and sale of alcoholic beverages are permitted, with advance approval by the Vice President for Student Affairs, in areas designated by the University and under the supervision of the University of St. Thomas officials or the University of St. Thomas Police Department, subject to compliance with all university regulations and applicable Texas Alcohol Beverage Code. (See Alcohol Use Policy)

### **Campus Housing**

Each year, the residence life student and professional staff are trained to enforce the community standards for a population of approximately 400 residential students regarding alcohol and drugs. Each resident is referred to the University Residence Life Policy and Procedures, located in the Student Handbook, for more information. University residence hall alcohol and drug policies are defined as follows:

- Students are prohibited from consuming, transporting and distributing alcohol; possessing or being in the presence of alcohol; or exhibiting disruptive behavior influenced by the use of alcohol. Alcohol found by staff will be disposed of immediately. Persons found in violation of this policy will be subject to University Code of Student Conduct administrative or disciplinary sanctions intended to be proportionate and progressive and include but are not limited to the following:
  - Warning, reprimand and/or probationary period
  - Referral to an alcohol education program
  - Other educationally-based actions
  - Termination of the housing contract and/or ineligibility for contract renewal
  - University probated suspension or expulsion
  - Possible arrest, imprisonment or fine according to state alcohol laws
- *Guinan Hall and Clare Hall* – All Guinan Hall and Clare Hall residents and guests, regardless of age, are subject to the alcohol policy as defined above for University residents. Alcohol is not permitted in either building. Residents are prohibited from exhibiting disruptive behavior influenced by the use of alcohol.
- *Young Hall and the Townhomes* – All Young Hall and Townhome residents and guests below the age of 21 years old, are subject to the alcohol policy as defined above for University residents. Alcohol is

only permitted in rooms where all residents are of legal drinking age, 21 years or older, and when all guests are of legal drinking age, 21 years or older. Only wine and beer is allowed in the residences; no liquor. Alcohol is not allowed in hallways or public spaces. Residents are prohibited from exhibiting disruptive behavior influenced by the use of alcohol.

- All illegal drugs as defined by Texas state law and any type of recreational drugs are strictly prohibited from all University residences and property. Drugs that fall into this category include, but are not limited to, the following: marijuana, hashish, hash oil, cocaine, crack, LSD, inhalants, stimulants, depressants, hallucinogens, narcotics, designer drugs, anabolic steroids and other substances that alter one's mental state. Students are prohibited from possessing, consuming, transporting, dealing, being in the presence of, or exhibiting disruptive behavior influenced by the use of the aforementioned substances. Students are also prohibited from possessing paraphernalia such as bongs, deseeding trays, roach clips, one-hitters, etc. Anyone found in violation of this policy may have his or her housing contract terminated and may be subject to university disciplinary action and possible arrest, imprisonment or fine according to state and federal laws. Should an educational program be required, a cost to the student may be incurred.

### **Organization and Athletic Alcohol, Drug, & Substance**

Alcohol, drugs and other illegal substances are not a part of the organization/club and/or athletic programs. Substance use by any individual while participating in a University-related activity may result in disciplinary action deemed appropriate by the Dean of Students. Consuming or being under the influence of alcohol, drugs or other substances during any club or athletic-sanctioned or sponsored event is not permitted. This includes practices, home competitions, trips and/or away competitions (the entire duration of the trip), and special events. This is in effect for any club or team member, coach, volunteer or advisor. Any deviation of this policy will result in immediate sanctions as deemed appropriate by the Dean of Students and further actions may be taken.

If a club or organization desires to serve alcohol at an on campus event to attendees of legal drinking age, the Alcohol Use policy must be followed. The University does not fund alcohol for off campus events hosted by student organizations. (See Alcohol Use Policy)

## **EDUCATION**

Many departments on campus are involved in educating students and parents about alcohol and other drugs, including the Office of the Dean of Students, Counseling and Disability Services, University Police Department, Health Promotion and Wellness Office, and Residence Life. Below is a summary of University of St. Thomas' initiatives:

### **Prevention for Students**

#### Freshman Orientation

The Dean of Students, Counseling and Disability Services and Health Promotion and Wellness at University

of St. Thomas conduct programs during orientation for first-year students, held the week prior to the start of fall semester. Some highlights of this program:

- Healthy Decision Making
- Campus Resources
- Bystander Intervention

#### Residence Life Leadership Training

Residence Life student staff receive training each semester on the campus and residence life policies and procedures with regard to alcohol and drug use and abuse. They are taught the risks of use and abuse, the signs to watch for in their residents, and how to assist if they find a resident in trouble.

#### Leadership Summit

All student leaders attend the annual leadership summit held each September, at which time the Alcohol Use policy is reviewed.

#### Prevention Programs and Initiatives

Various prevention programs are hosted throughout the year by the Campus Life Team. Prevention programs conducted in recent years include:

1. NCAAW (National Collegiate Alcohol Awareness Week)
  - Information on underage drinking and drinking responsibly
  - Pizza and root beer with fatal vision goggles and games
  - Facing the Wall interactive - students write on a “brick” how alcohol has impacted their life
  - Golf cart obstacle course with fatal vision goggles with mocktails
2. Spring Break Awareness
  - Safety tips for spring break, responsible drinking, bystander intervention, magnets and pens
3. Health & Fitness Fair
  - Arrive Alive Tour
4. Letter to Students
  - Annual letter to all students regarding alcohol, drugs and general safety while traveling for Spring Break.
5. Safety Week
  - Informational posters displayed around campus about alcohol and drug use and abuse
  - Resource cards
  - Wrecked car display to bring awareness to the effects of drinking and driving

#### University Housing Programming Efforts

- In 2016-17, there were various residential programs offered pertaining to alcohol or drug awareness, involving a total of 350 residents which included poster campaigns, Wonderful Wednesday events, Safe Spring Break activities, one-on-one wellness checks on residents by professional staff.
- In 2017-18, there were various residential programs offered pertaining to alcohol or drug awareness,



involving a total of 350 residents which included poster campaigns, Wonderful Wednesday events, Safe Spring Break activities, one-on-one wellness checks on residents by professional staff.

#### Prevention Programming Coordinated through Athletics

- Distributed alcohol poisoning information, sexual assault information, and drug abuse information to all student-athletes.
- Random drug testing for all student athletes.
- Bystander intervention training offered to student-athletes.

#### University of St. Thomas Police Department Programming on Alcohol and Other Drug Issues

The University of St. Thomas Police Department conducts a presentation for students in the residence halls that include the following topics:

- Alcohol Student Awareness
- Campus Safety
- Crime Prevention
- Drug Recognition
- Personal Safety
- Rape Prevention
- Practicing Proper Responsibility and Decision-Making

#### Health Promotion and Wellness Office Prevention Programming

The Health Promotion and Wellness Office focuses on individual interaction and services. Each student interfaces with a trained counselor to assess and provide direction. Various passive programming activities take place during the year. Each year the Office conducts a health and wellness fair with a comprehensive array of contacts and resources. The Office, in conjunction with the Residence Hall, provides students the opportunity to navigate an obstacle course utilizing goggles that simulate being under the influence of alcohol. The Office has also provided students the opportunity to utilize a device that simulates driving under the influence and texting.

#### University of St. Thomas Websites that Focus on Alcohol and Other Drug Education

- UST Alcohol and Other Drugs - <http://www.stthom.edu/Campus-Student-Life/Dean-of-Students/Alcohol-and-Other-Drugs.aqf>
- UST Drug and Alcohol Abuse Free Workplace and Campus Policy - <http://www.stthom.edu/Campus-Student-Life/Dean-of-Students/Alcohol-and-Other-Drugs.aqf>
- University of St. Thomas Police Department – [www.stthom.edu/upd](http://www.stthom.edu/upd)

## **SOCIAL LIFE**

Many University of St. Thomas areas have made a strong commitment to ensuring that University of St. Thomas students have access to substance-free events; thus the majority of events hosted on campus are alcohol-free events. Here are some alcohol free events that are hosted throughout the semester for the campus community:

- Varsity Athletic events and pep rallies – [www.ustcelts.com](http://www.ustcelts.com)
- Drama and Music Productions
- Speaker Series
- Wonderful Wednesdays, hosted by Guinan Hall, open to the campus community
- Celt's Day of Service

All events can be found on the campus calendar, located on homepage, [www.stthom.edu](http://www.stthom.edu).

## **ENFORCEMENT**

The primary venues on campus that enforce policies and laws regarding alcohol and other drug use are the University Police Department, Residence Life, Dean of Students and Human Resources.

### **Penalties**

The policy to promote a Drug and Alcohol Abuse Free Workplace and Campus is a protection and support for the faculty, administration, employees and students of the University of St. Thomas. In addition, the University is committed to a caring relationship among its students and employees; therefore, its disciplinary procedures are intended to be constructive and redemptive. Any employee or student seeking assistance through the Office of Student Affairs or the Human Resources Department, in consultation with Counseling & Disability Services, will be treated in a confidential manner. This does not shield either the employee or student from disciplinary action if this policy is violated. Therefore, the employee or student violating this policy is subject to the following actions:

- A. Any employee or student admitting to or convicted of unlawful possession, use or distribution of unlawful drugs and alcohol on campus, or at campus sponsored events held off campus, will be subject to disciplinary action.
- B. Employees and students may be referred to a drug and alcohol assistance or rehabilitation program in which they must maintain satisfactory participation.
- C. Employees may be subject to disciplinary action up to and including suspension, suspension without pay, termination, and may be referred for prosecution.
- D. Students in violation of the University of St. Thomas Code of Student Conduct and disciplinary procedures may be subject to disciplinary action up to and including probation, suspension, expulsion, and may be referred for prosecution.

Further information concerning disciplinary action and appropriate procedures for employees is available from the Human Resources at 713-525-3142 and for students from the Vice President for Student Affairs at 713-525-3570.

### **Dean of Students and Residence Life**

The Dean of Students reviews all incident reports, both on campus and in campus housing, involving alcohol and drugs. The Dean of Students determines if there has been a violation of the Code of Student Conduct and/or Residence Life Policy as outlined in the University’s Student Handbook. A student who is found to be in violation of the Code of Student Conduct and/or Residence Life Policy may be subject to a variety of sanctions as described in the Student Handbook. These sanctions may include the issuance of an oral or written warning or disciplinary procedures which may include a sanction of disciplinary probation, suspension, or expulsion from the University. In all student conduct cases, additional educational sanctions may also be assigned to assist the student in learning from the incident that they were involved with.

Listed below is a summary of the number of alcohol and drug related student conduct cases that have been adjudicated by the Dean of Students.

	<b>2016-2017</b>	<b>2017-2018</b>
Sanctions Alcohol Policy Violations	9	4
Sanctions Drug Policy Violations	1	3

The following sanctions were assessed regarding alcohol and other drug incidents.

<b>Sanctions</b>	<b>2016-2017</b>	<b>2017-2018</b>
Alcohol and Drug Education, HP&W	10	7
Housing Contract Terminated – Alcohol	0	0
Housing Contract Terminated – Drugs	0	1
Disciplinary Probation – Alcohol	0	0
Disciplinary Probation – Drugs	1	3

In addition to the standard case resolution process, the Dean of Students works with the University’s Counseling and Disability Services office and the Health Promotion and Wellness office to formalize a referral process for at-risk students who may be in need of more formal assessments and counseling due to alcohol-related behavior. Staff members have also worked with academic advisors, as well as veterans and international student advisors, university athletics staff and coaches, and professional programs to present information to students regarding the University’s standards of conduct and the policies on alcohol and drugs for the campus.

## University Police Department

	Liquor Law Violations		Drug Law Violations	
	Campus Disciplinary Action	Arrests	Campus Disciplinary Action	Arrests
<b>2016-2017</b>				
On Campus	0	2	0	1
Non-Campus	0	0	0	0
Public Property	0	0	0	3
Student Housing	0	0	0	0
<b>2017-2018</b>				
On Campus	0	1	4	2
Non-Campus	0	0	0	0
Public Property	0	0	0	0
Student Housing**	0	0	0	0

Note: Information above is based upon the Annual Security and Fire Safety report.

\*\* Crimes reported in the Student Housing column are included in the On Campus column.

These statistics indicate cases as initially reported to the police. Further investigation may reveal the case was unfounded or lacked sufficient evidence to result in the filing of criminal charges by the Prosecutor's Office.

## INTERVENTION

### UST – On the Road to Recovery

UST – On the Road to Recovery is the name given to the University's collective efforts to assist and serve students and employees with alcohol and drug substance abuse issues. UST – On the Road to Recovery represents the resources available to ensure a comprehensive response is provided to assist students and employees to overcome the pain, suffering, and dysfunctionality that comes with alcohol and drug abuse. In keeping with the teachings of the Catholic church, UST looks at each individual with dignity and respect and is committed to providing resources dedicated to their recovery such as individual counseling, referrals to external agencies and treatment centers, and other referral sources dedicated to providing services for alcohol and drug abuse and counseling. There are several departments on campus including Counseling and Disability Services, Health and Wellness Services, Student Housing and Residential Life, Office of the Dean of Students, and Human Resources who work collaboratively to support student and employee health and wellness.

## University of St. Thomas' Employee Assistance Data

### Human Resources' Employee Relations Data

From all departments who may have had an incident and summary data provided by the Employee Assistance Program provider, MHN (Managed Health Network).

	2016-2017	Outcome
Alcohol	0	--
Drugs	0	--

	2017-2018	Outcome
Alcohol	0	--
Drugs	0	--

## University of St. Thomas' Treatment Programs for Students

### Counseling and Disability Services

Counseling and Disability Services provides alcohol and other drug program referral information available to all students at the University of St. Thomas campus. These referral sources provide various services including Alcohol and Other Drug evaluations, outreach programming, recovery group and educational classes that have been designed to meet the specific developmental needs of college students.

### University of St. Thomas Student Health Promotion and Wellness

The University of St. Thomas Health Promotion and Wellness office uses multiple resources and tools to screen students for alcohol and other substance abuse issues. Students may need further services and/or help are referred to Counseling and Disability Services or external resources. The Center utilizes the information and evaluation tool called "Choices" which is an Alcohol and Drug Abuse Prevention Program.

## **SUMMARY**

University of St. Thomas is in compliance with the Drug Free Schools and Campuses Regulations and is committed to having an effective Drug and Alcohol Abuse policy, consistently enforces standards of behavior related to Drug and Alcohol abuse and distributes the policy in writing to our students and employees.

University of St. Thomas uses a comprehensive, environmental approach to address alcohol and other drug use on campus, focusing on policy, education, coalitions/collaboration, social life, academics, enforcement, intervention and data/assessment. All components work together to ensure that University of St. Thomas students and staff are provided information and resources that promote a safe and healthy environment that attempts to mitigate risk as it pertains to alcohol and other drug use.