

LONGWOOD
U N I V E R S I T Y



Alcohol and Other Drug Education Program

Biennial Review FY 13-14

In accordance with

US Department of Education

Drug Free Schools and Campuses Regulations

(34 CFR Part 86)

Submitted By:

Sasha S. T. Johnson, CHES

Wellness Coordinator

Longwood University

Table of Contents

Introduction to Drug Free Schools and Campuses Regulations (DFSCR)	3
Alcohol and Other Drug (AOD) Policies	4-11
Health Risks Associated with AOD Use and Abuse	12
AOD Information and Available Services	13
Distribution of AOD Policies to Students, Faculty, and Staff	14-15
AOD Program Goals	16-17
Programs Addressing AOD Use and Abuse	18-19
Analysis of AOD Program Efficacy and Consistency of Sanction Enforcement	20-22
AOD Program and Policy Recommendations	23

Introduction to DFSCA

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) requires institutions of higher education (IHE) to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by 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 illicit 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 illicit drugs and alcohol;
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students; and
- 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:

- Determining the effectiveness of the policy and implementing changes to the alcohol and other drug programs if they are needed; and
- To ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to:

- 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
- The number and types of sanctions the IHEs impose on students or employees as a result of such violations or fatalities.

Longwood University 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 college fulfills the requirements of the previously mentioned Federal regulations. The Division of Student Affairs, under the leadership of the Vice President of Student Affairs, is responsible for conducting the review and reporting on the findings. Policies and procedures have been in existence for both students and employees and are so delineated in university publications and the attached Alcohol and Other Drug policy and procedures.

Policies Addressing AOD Use and Abuse

Longwood University Alcohol and Other Drug Policies and Procedures for Students

The Longwood Alcohol and Other Drug Policies information contained herein is distributed in partial compliance with the Federal Drug Free Schools and Communities Act. Areas covered include the following: federal, state and local laws and penalties; Longwood-specific policies; locations where alcohol use is permitted; and Longwood disciplinary sanctions. Information on health risks associated with alcohol and other drug use and resources for education and treatment are available from the Student Health and Wellness Center.

Questions pertaining to any aspect of this policy should be directed to the Office of Student Conduct and Integrity or the Office of the Dean of Students.

I. Federal, State and Local Laws

- A. Virginia Minimum Drinking Age Law:** Individuals must be 21 years of age to purchase, possess, and/or consume alcohol. It is also illegal to give or sell alcoholic beverages to persons who are under 21 and/or intoxicated.²⁸
- B. Open Container/Public Consumption Laws:** The Commonwealth of Virginia and Prince Edward County prohibit open containers of alcohol in public, including all public areas of the Longwood campus. At Longwood, open containers of alcohol are defined as any holders or receptacles on which the manufacturer's seal has been broken, and/or holders that allow unobstructed, unrestricted, or otherwise open access to the alcohol. This includes, but is not limited to, cans, cups, bottles, etc. Public area is defined as any space utilized or occupied by individuals that is not considered private or designated as a place in which alcohol consumption is permitted. Examples of public areas include, but are not limited to, building entrances, lobbies, elevators, hallways, lounges, residence hall rooms/suites/apartments with open doors, designated balconies, meeting rooms, indoor/outdoor recreation areas, campus mall areas, academic/study areas, etc. State law also prohibits the consumption of alcohol in unlicensed public places.
- C. Driving Under the Influence:** The legal limit set by the Commonwealth of Virginia for the amount of alcohol that may be present in the blood of a person over the age of 21 while operating a vehicle is .08. The legal limit for the amount of alcohol that may be present in the blood of a person under the age of 21 while operating a vehicle is .02.
- D. False Identification Laws:** The possession, use, sale, and/or manufacture of false identification cards are strictly prohibited under Virginia law.
- E. Contributing to the Delinquency of a Minor:** In the Commonwealth of Virginia, it is illegal to purchase alcohol for those who are not of legal drinking age.
- F. Public Intoxication and/or Disorderly Conduct:** In keeping with local and state laws, Longwood will not allow public drunkenness or disorderly conduct of any kind.

- G. Drug-Free School Zones: Violations of federal laws for possession, use, or distribution of illegal drugs carry mandatory penalties for first time offenders including: imprisonment, fines, loss of property, loss of professional licensure, and loss of financial aid. Penalties for violations occurring within 1,000 feet of a school or campus may be doubled with no possibility of parole.

II. Longwood Alcohol and Other Drug Policies

- A. All Longwood University students are required to abide by local, state, and federal regulations regarding alcohol and drugs as described in Section I.
- B. Alcoholic beverages must not be brought into or consumed within: 1) freshman residence halls/floors/apartments; 2) residence hall buildings designated as alcohol-free; or 3) other residence hall floors that choose not to have alcohol present in the living environment.
- C. The possession, consumption, or presence of alcohol is prohibited at all times in residence hall rooms if each of the residents assigned to live in the room (i.e., the total head count comprising the living space) is under the age of 21. This restriction does not apply if at least one of the room's residents is of legal age. Possession is defined as any area or property for which the student currently occupies or is responsible.
- D. The possession or use of "beer bong" or other devices which dispense alcohol in a rapid manner are prohibited.
- E. Alcoholic drinking games are prohibited at all times.
- F. All membership recruitment functions (fraternity/sorority, special interest groups, and other student organizations/groups) are required to be alcohol-free.
- G. Kegs or other common sources of alcohol (including, but not limited to, the serving or provision of cans or bottles of alcohol to others) are not allowed on Longwood managed property except for events managed by the authorized University vendor.
- H. In addition to the alcohol regulations and procedures described in this policy, all registered organizations will be subject to the additional expectations and standards of the Longwood-endorsed Fraternity Insurance Purchasing Group (FIPG). Note that national organizations may have, and require compliance with, stricter policies regarding alcohol and drugs.
- I. The possession, use, and/or distribution of illegal drugs, as defined by the Drug Control Act of Virginia, or prescription drugs for which one does not have a legitimate prescription, are strictly prohibited. Possession is defined as any area or property for which the student currently occupies or is responsible.

III. Location

Residence Hall Room/Suite/Apartment: Limited to only those rooms where at least one of the assigned residents is over 21. The individual use of alcohol by persons 21 years of age or older is permitted as long as the residents' roommates/suitemates agree.

Room/suite/apartment gatherings of more than one person must be in compliance with all Longwood policies, procedures, and regulations. It is the responsibility of the room/suite/apartment residents to insure compliance with all policies, procedures, and regulations. Alcohol will be allowed in fraternity chapter rooms under the following conditions:

1. The event is hosted as a Bring Your Own Beverage (BYOB) event in which there are no more than four alcoholic beverages per attendee of legal drinking age,
2. No attendee under the legal drinking age is consuming alcohol, and
3. The number of attendees present is limited to double the number of undergraduate fraternity chapter members, which is equal to one guest per fraternity chapter member. One alcoholic beverage is defined as a 12 oz. beer, a 4 oz. glass of wine, or 1 oz. of hard liquor.

Note: This is intended as a limitation on the amount of alcohol available per person, not as a guideline for what is an appropriate or legal amount of alcohol to consume at a gathering. Information on alcohol use and abuse is available from the Student Health and Wellness Center.

For events and functions requiring registration see Section VI Event Planning on Campus involving Alcohol. Other Locations: By permission of the Vice President for Student Affairs see Section VI.

Event Planning on Campus involving Alcohol.

IV. Minimum Sanctions for Alcohol and Other Drug Violations

It is important to note that all alcohol and drug offenses and sanctions are cumulative. Sanctions do not revert to a lower sanction based on time or completion of a previous sanction.

Minimum Sanctions for Alcohol Violations

The minimum sanction of Admonition will be administered to students found responsible for possession of alcohol paraphernalia such as beer bongs, “trophy bottles”, etc. Repeated violations of this type will result in administration of the more severe sanctions listed below.

The following minimum sanctions will be administered to students found responsible for all other violations of the Alcohol Policy. Students found responsible for driving under the influence will receive a minimum sanction starting at the 2nd offense level.

Note: The below sanctions are the minimum; sanctions may be increased or added to at the discretion of the hearing body.

1st Offense: Admonition and referral to Longwood’s Alcohol Education Program, First Round, at a cost of \$75.00.

2nd Offense: One calendar year of Disciplinary Probation (effective immediately if the student is not on probation or at the conclusion of the current probationary period) and

referral to Longwood's Alcohol and Drug Education Program, Last Call, at a cost of \$100.00. This is the minimum sanction administered for driving while impaired or under the influence of alcohol or other drugs.

3rd Offense: Suspension and a required formal alcohol/substance abuse risk assessment from a licensed substance abuse counselor prior to readmission for which the student is responsible for payment.

Sanctions for Possession, Distribution, or Use of Illegal Drugs and/or Paraphernalia

Longwood University maintains a Zero Tolerance Policy with regard to the illegal distribution, possession, or use of drugs.

Distribution of Drugs (Conduct Charge #2):

1st Offense: Immediate Expulsion from Longwood University

Possession/Use of Drugs (Conduct Charge #11):

1st Offense: Disciplinary Probation from Longwood and a mandatory formal risk assessment conducted by a qualified alcohol/substance abuse counselor. In addition, the student will be referred to Longwood's Alcohol and Drug Education Program, Last Call, at a cost of \$100.00.

2nd Offense: Suspension from Longwood University

Possession/Use of Drug Paraphernalia (Conduct Charge #17):

1st Offense: One calendar year of Disciplinary Probation and referral to Longwood's Alcohol and Drug Education Program, Last Call, at a cost of \$100.00.

2nd Offense: Suspension from Longwood University

V. Longwood's Alcohol and Drug Education Programs

Longwood's Alcohol and Drug Education Programs, First Round and Last Call, are intended to help students explore their values and behaviors, and how their decisions today can affect their futures tomorrow. Issues of high and low risk drinking choices, the impact of alcohol and drug on the body and other aspects of their lives, addiction, and goal setting is highlighted.

Alcohol/Substance Abuse Risk Assessment

In order to help students gain increased insight into how their personal patterns of alcohol and other substance use may be putting them at risk for future violations, health concerns, academic problems, etc., a mandatory 90-minute assessment conducted by a qualified substance abuse counselor is included as a requirement for consideration of readmission for those students suspended as a result of violations of Longwood's Alcohol and Other Drug Policies. Students may opt to have the assessment performed at Crossroads in Farmville or by an independent qualified substance abuse counselor of which the student is responsible for payment.

Documentation must be provided to verify completion, with recommendations regarding the student being forwarded to the Director of the Office of Student Conduct and Integrity by the counselor conducting the assessment. Failure to meet the conditions of this sanction will result in a hold on registration, diplomas, and/or transcripts.

VI. Event Planning on Campus Involving Alcohol

All events/functions must be managed by a University-authorized third-party vendor. Longwood University reserves the right, at any time, to modify or revise these and other guidelines and restrictions governing the registration and management of events/functions. For detailed information regarding event planning on campus involving alcohol including the approval process for events involving alcohol, registration of events or functions with university-authorized vendors, guest list guidelines and expectations at events involving alcohol, event management procedures for events involving alcohol, managing alcoholic beverages and restrictions, non-alcoholic beverages and food, security at events involving alcohol and promotion of events involving alcohol, please see Policies for Student Organizations at <http://www.longwood.edu/studentunion/15416.htm>. Under Organization policies.

Longwood University Alcohol and Other Drug Policies and Procedures for Employees

LU Policy 5202: Alcohol, Drug, and Substance Use and Abuse

I. Purpose

To protect the health, safety, and welfare of all members of the Longwood community by taking all reasonable measures to assure that a drug-free workplace is maintained and that employees perform their duties unimpaired by the effects of drugs or alcohol. (In accordance with Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989).

II. Definitions

For the purpose of clarification, the following terms will have the meanings outlined below:

1. Controlled Substance: drug or substance found in section 54.1-3401 and Schedules I through IV of Sections 54.1-3446 through 3456 of the Code of Virginia, as amended, and Section 202 of the Federal Controlled Substances Act (21 U.S.C. 81).
2. Alcohol: Any product as defined in The Alcoholic Beverage Control Act, Section 4-2 of the Code of Virginia, as amended.
3. Conviction: A finding of guilt (including a plea nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violations of the Federal or State criminal drug statutes.
4. Criminal Drug Statute: A criminal statute prohibiting the unlawful manufacture, distribution, dispensation, use, or possession of any controlled substance.

5. Drug: Any controlled substance or prescribed or non-prescribed medication, taken into the body, other than alcohol, which may impair one's mental faculties and/or physical performance.
6. Employee: Administrative faculty, professional faculty, teaching faculty, classified and non-classified, full-time and part-time, salaried, and hourly persons, and any and all other individuals, except independent contractors, employed by Longwood.
7. Workplace: Any site where official duties are being performed by employees.

III. Policy

The unlawful manufacture, possession, use or distribution of illicit drugs and controlled substances and the unlawful possession, use, or distribution of alcohol on Longwood property is prohibited. Violations are handled according to existing personnel policies and procedures governing the conduct of administrators, faculty and staff.

Controlled Substances:

The unlawful or unauthorized manufacture, distribution, dispensation, possession, or use of controlled substances is prohibited at the workplace.

Any employee who violates Section III, B, 1 may be subject to disciplinary action, including discharge, and/or referral to an assistance or rehabilitation program at the discretion of management. Any employee who is referred to an assistance or rehabilitation program must satisfactorily participate in such program. Satisfactory participation in such program shall be determined by management after consultation with the individual or organization providing the assistance or rehabilitation and/or the State Employee Assistance Service.

Alcohol:

The unlawful or unauthorized manufacture, distribution, dispensation, or use of alcohol is prohibited at the workplace.

Violators of Section III, C, 1 may be subject to disciplinary action, including discharge, and/or referral to an assistance or rehabilitation program at the discretion of management.

Any employee who is referred to an assistance or rehabilitation program must satisfactorily participate in such program. Satisfactory participation in such program shall be determined by management after consultation with the individual or organization providing the assistance or rehabilitation and/or the State Employee Assistance Service.

Employees Fitness for Work:

To perform assigned duties unimpaired by the effects of drugs or alcohol.

Those whose performance is impaired by the effects of drugs or alcohol at the workplace may be subject to disciplinary action, including discharge, and/or referral to an assistance or rehabilitation program at the discretion of management.

Employee Responsibilities:

As a condition of employment, all employees shall abide by the terms of this policy, and report employee convictions of any criminal drug statutes for conduct in the workplace no later than five (5) days after such conviction is entered.

Institutional Responsibilities:

Shall provide its employees a copy of this policy, including a description of the health risks associated with the illicit use of drugs or the abuse of alcohol, and a general description of criminal sanctions under Federal and State law, for the unlawful possession or distribution of illicit drugs and alcohol (required by the Drug-Free Schools and Communities Act of 1989).

Inform its employees of the dangers of drug abuse in the workplace, and availability of drug and alcohol counseling, and rehabilitation and employee assistance programs.

Inform any contracting or granting agency within ten (10) days after receiving notice from an employee of any criminal drug statute conviction for a violation occurring at the workplace, when the subject employee is a sponsored program employee.

Within thirty (30) days of receiving notice of an employee's conviction for a criminal drug statute offense occurring in the workplace, take appropriate disciplinary action against such employee and/or require such employee to participate satisfactorily in a drug abuse assistance or rehabilitation program, as required by the Drug-Free Workplace Act of 1988.

Rehabilitation Programs:

Employees experiencing a problem with drug or alcohol abuse or dependency are encouraged to seek counseling assistance. Supervisors are encouraged to assist employees seeking such assistance. Notwithstanding an employee's voluntary participation in a drug or alcohol rehabilitation program, the employee is expected to perform his/her duties according to developed job standards and expectations.

The State Employee Assistance Service (SEAS) is available to all state employees for counseling and referral for drug and alcohol related problems as well as other personal problems.

With respect to any violation of this policy, the following provisions apply;

Supervisors should consult with SEAS or other state operated substance abuse programs prior to referring a state employee to a drug or alcohol assistance or rehabilitation program (under current health care benefits, not all treatment programs are covered).

Management is encouraged to consult with SEAS or other state operated substance abuse programs in determining whether a state employee referred to an assistance or rehabilitation program has satisfactorily participated in such program.

Department of Mental Health, Mental Retardation and Substance Abuse Services and the Department of Health may be contacted to provide assistance and referral information.

Employees may be granted leaves of absence (leave without pay if no leave balances are available) to participate in rehabilitation programs for treatment of drug or alcohol abuse at discretion of management.

Institutional Substance Abuse Policies: Longwood may modify this policy or promulgate additional substance abuse policies as needed.

Interpretation: The President or his/her designee is responsible for official interpretation of this policy. Questions regarding the application of this policy should be directed to the Human Resources Office.

Program Review: Every two (2) years Longwood shall conduct periodic reviews of its drug prevention programs to determine their effectiveness and to implement changes as required.

Revised and approved by the Board of Visitors, September 7, 2002.

Virginia Drinking Age Laws:

Virginia's Alcohol Beverage Control Act contains laws governing possession, use and consumption of alcoholic beverages. Pertinent laws are summarized below:

It is illegal for anyone under age 21 to purchase, possess, or consume any alcoholic beverage. It is illegal for any person to sell alcoholic beverages to persons under the age of 21 years. It is illegal for any person to purchase or provide alcoholic beverages for another when, at the time of the purchase, he/she knows or has reason to know that the person for whom the alcohol is purchased is under 21 years of age. It is illegal for any underage person to use a forged or otherwise deceptive driver's license to obtain beer or other alcoholic beverage.

Federal and Virginia Penalties for Other Drugs:

Federal and Virginia law penalizes the unlawful manufacturing, distribution, use, and possession of “**controlled substances**”, including prescription drugs. The penalties vary based on many factors, including the type and amount of the drug involved, and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport or conceal a controlled substance, and the denial of professional licenses or federal benefits, such as student loans. Convictions under Virginia law may be misdemeanor or felony crimes with sanctions ranging from probation to life imprisonment and/or fines of up to \$1 million.

Federal law holds that any person who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. A similar Virginia law carries sanctions of imprisonment between one and five years and up to a \$100,000 fine for similar violations. Virginia law specifically prohibits the sale, gift, distribution, and possession of synthetic cannabinoids, which carry penalties as a Class 6 felony. It is illegal to possess or sell drug paraphernalia.

Health Risks Associated with AOD Use and Abuse

Behavioral difficulties at work, in school, in relationships, and with the law can be linked to the abuse of alcohol and other drugs and overall student success. Longwood University is dedicated to the education of students and employees about health risks associated with the abuse of alcohol and other drugs. Descriptions of some of these health risks are described below.

Alcohol:

Alcohol abuse is a progressive disorder in which physical dependency can develop. Even low doses of alcohol impair brain function, judgment, alertness, coordination and reflexes. Very high doses cause suppression of respiration and death. Chronic alcohol abuse can produce dementia, sexual impotence, cirrhosis of the liver, and heart disease, and sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life-threatening convulsions.

Marijuana (Cannabis):

Marijuana has physical and mental effects. Physical effects include elevated blood pressure, a dry mouth and throat, bloodshot and swollen eyes, decrease in body temperature, and increased appetite. Frequent and/or longtime users may develop chronic lung disease and damage to the pulmonary system. Use of marijuana is also associated with impairment of short-term memory and comprehension, an altered sense of time, and a reduction in the ability to perform motor skills such as driving a car. Marijuana abuse can also produce listlessness, inattention, withdrawal, and apathy. Abuse can intensify underlying emotional problems and is associated with chronic anxiety, depression, and paranoia.

Synthetic marijuana (Spice, K2):

Spice, K2 and other “incense blends” are products that contain dried, shredded plant material along with synthetic forms of THC, the psychoactive component of the Cannabis sativa plant (marijuana). The exact chemical composition of the products is unknown, may vary across brands and batches and there is concern about the presence of harmful heavy metal residues which may cause more powerful and unpredictable effects. Short term effects may include rapid heart rate, vomiting, agitation, confusion, and hallucinations.

Prescription Drugs:

The most frequently misused prescription drugs are: opioid painkillers (e.g., OxyContin and Vicodin); central nervous system (CNS) depressants used for anxiety and sleep disorders (e.g., Valium and Ativan); and stimulants that treat attention deficit hyperactivity disorder and narcolepsy. The risk associated with misusing these drugs can include addiction, choking, changes in mood, decreased cognitive function, interruptions in the menstrual cycle, infertility, coma or death if there’s a severe slowdown in breathing. Abuse of CNS drugs can cause memory problems and lead to seizures. Using some stimulants, even in the short term, can trigger paranoia; high doses can cause an increase in body temperature (fever) and abnormal heartbeat. There’s also a risk of cardiovascular problems and fatal seizures.

AOD Information and Available Services

Campus Resources

Campus Police	434.395.2091
Counseling Center	434.395.2409
Student Health & Wellness	434.395.2102

Community Resources

Campus Ministries	farmvillewesley1@gmail.com
Narcotics/Alcoholics Anonymous	longwood.edu/counseling/18010.htm
Crossroads CSB Crisis Hotline	800.548.1688
Poplar Springs Hospital	804 -733-6874 (Short-term detox 2-5 days)

Web Resources

College Drinking Prevention: www.collegedrinkingprevention.gov/

National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov/alcohol-health

Substance Abuse and Mental Health Services Administration—Prevention:
<http://www.samhsa.gov/prevention/>

Resources for Prevention, Treatment and Assistance:

The University has established the Student Health & Wellness Center and Counseling Center to offer educational and risk reduction programming and to provide treatment and/or assistance to students with substance abuse related problems/issues. All health plans offered to state employees have an employee assistance program (EAP) which includes up to four sessions at no charge. Contact your EAP membership services or visit <http://www.dhrm.virginia.gov/genlbenefits/employeeassistance.html>.

Distribution of AOD Policies to Students, Faculty, and Staff

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist

1. Does the institution maintain a copy of its drug prevention program? Yes No
If yes, where is it located? Longwood University Student Health & Wellness Center
<http://www.longwood.edu/health/59975.htm>
2. Does the institution provide *annually to each employee and each student*, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?
 - a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities
Students: Yes No Staff and Faculty: Yes No
 - b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
Students: Yes No Staff and Faculty: Yes No
 - c. A description of applicable legal sanctions under local, state, or federal law
Students: Yes No Staff and Faculty: Yes No
 - d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs
Students: Yes No Staff and Faculty: Yes No
 - e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions
Students: Yes No Staff and Faculty: Yes No
3. Are the above materials distributed to students in one of the following ways?
 - a. Mailed to each student (*separately or included in another mailing*) Yes No
 - b. Through campus post offices boxes Yes No
 - c. Class schedules which are mailed to each student Yes No
 - d. During freshman orientation Yes No
 - e. During new student orientation Yes No
 - f. In another manner (*describe*): The information above is printed in our Student Handbook. Annually, students receive the electronic copy of the student handbook at the beginning of each semester, as well as whenever substantive changes are made during the year, if necessary.
4. Does the means of distribution provide reasonable assurance that each student receives the materials annually? Yes No
5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution? Yes No
6. Are the above materials distributed to staff and faculty in one of the following ways?
 - a. Mailed
Staff: Yes No Faculty: Yes No

- b. Through campus post office boxes
 Staff: Yes No Faculty: Yes No
- c. During new employee orientation
 Staff: Yes No Faculty: Yes No
- d. In another manner (*describe*): provided on the university website
7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?
 Staff: Yes No Faculty: Yes No
8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?
 Staff: Yes No Faculty: Yes No
9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?
- a. Conduct student alcohol and drug use survey
 Yes No
- b. Conduct opinion survey of its students, staff, and faculty
 Students: Yes No Staff and Faculty: Yes No
- c. Evaluate comments obtained from a suggestion box
 Students: Yes No Staff and Faculty: Yes No
- d. Conduct focus groups
 Students: Yes No Staff and Faculty: Yes No
- e. Conduct intercept interviews
 Students: Yes No Staff and Faculty: Yes No
- f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees
 Students: Yes No Staff and Faculty: Yes No
- g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees
 Students: Yes No Staff and Faculty: Yes No
- h. Other (*please list*):
10. Who is responsible for conducting these biennial reviews? The Education & Prevention Coordinator in collaboration with Human Resources, Public Safety, and Student Conduct and Integrity offices
11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?
 Yes No N/A
12. Where is the biennial review documentation located?
 Name: Sasha S. T. Johnson, CHES Title: Wellness Coordinator
 Department: Student Health & Wellness
 Phone: 434-395-2509 E-mail: johnsonss@longwood.edu
 Website: http://www.longwood.edu/health/59975.htm
13. Comments: _____

Alcohol and Other Drug (AOD) Program Goals

Goal 1: Utilize a comprehensive approach for Longwood's Alcohol and Other Drugs education and prevention efforts.

- Objective 1:
 - Maintain resources to support a minimum 1.0 FTE for personnel to address AOD issues and maintain compliance with DFSCR.
 - Progress:
 - The Wellness Coordinator position is a 1.0 FTE.
- Objectives 2:
 - The Division of Student Affairs assumes leadership of a sustained AOD Team which includes representation from various campus departments and bodies.
 - Progress:
 - The AOD Team is convened by the Wellness Coordinator and meets bi-weekly to collaborate on substance education and abuse prevention initiatives and services.
 - The Team consists of representation from Athletics, Residential Life, Student Activities, Greek Life, Campus Police, Student Conduct & Integrity, Counseling, First Year Experience, Student Health & Wellness, Students, Faculty, and the Academic Career and Advising Center.
- Objective 3:
 - The institution shares responsibility for student and employee AOD issues across campus to include, but not limited to, training of personnel, educational outreach, establishment and enforcement of AOD-related policy, and provision of AOD services.
 - Progress:
 - Longwood University utilizes the AOD Team as a platform for communication, collaboration, strategic planning, task management, outcome analysis, and leadership for AOD related issues.
- Objective 4:
 - Assess the climate of student AOD usage, consequences, satisfaction of service, and needs.
 - Progress:
 - American College Health Association-National College Health Assessment (NCHA) was implemented in Spring 2012; data will continue to be used for this reporting cycle. My Student Body data will be collected in Fall 2014.

Goal 2: Seek financial support for substance education initiatives

- Objective 1:
 - Identify and pursue public funding sources.
 - Progress
 - Longwood University secured \$9,000.00 from the Virginia Alcohol Beverage Control (VA ABC) Operation Undergrad grant.
- Objective 2:
 - Collaborate with campus partners to share financial responsibility for a variety of substance abuse programming.
 - Progress:
 - Partnerships were created with student organizations such as the Peer Health Educators, Black Student Association, Student Government Association, various Greek Life organizations and offices such as Campus Recreation and Student Conduct & Integrity.

Goal 3: Educate students about substance use and assist them in making choices that will enhance their well-being.

- Objective 1:
 - Implement a substance abuse education program for incoming students.
 - Progress:
 - Collaborations with First Year Experience provide an informative and engaging speaker during orientation (New Lancer Days) each summer.
 - With buy-in from LSEM (mandatory freshman course) Faculty Coordinators and Instructors, a general wellness overview or specific AOD and Sexual Misconduct presentation and/or workshop was implemented in over 50% of the available course sections.
- Objective 2:
 - Implement on-going substance education.
 - Progress:
 - Provided developmentally appropriate and empirically effective substance education by way of newsletters, residence hall programs, classes, individual screening and assessments, counseling, creative alternative events, risk-management campaign, social norm messaging, environmental policies, enforcement, trainings, and very importantly, through peer education.

Programs Addressing AOD Use and Abuse

First Round: First Round is a class within our sanction curriculum. The class is designed to address student needs through motivational interviewing and is not a fact finding course on alcohol. The course has proven to reduce recidivism by more than 50%. Most participants are mandated to complete the class as a result of their judicial hearing. If a student desires to take the 2 hour evening class on their own or have been referred by other means, they are more than welcomed. One of our main goals is student success! There is a \$75 fee for the course.

Last Call: Last Call is a class within our sanction curriculum. The class is designed to address second time offenders of our campus alcohol policy and offenders of our drug policy. Most of our class participants report positive behavior changes and go on to fulfill their goals at Longwood. Participants are mandated to complete the class as a result of their judicial hearing but if a student desires to take the 2 hour evening class on their own or have been referred by other means, they are more than welcomed. One of our main goals is student success! There is a \$100 fee for the course.

The W.A.S.T.E.D. Campaign: The W.A.S.T.E.D. Campaign is a risk reduction campaign. It was created by the Longwood University Peer Health Educators at a Virginia Alcohol and Beverage Control College Conference as an innovative way to decrease alcohol abuse on Longwood's campus. The goal is to encourage healthier drinking habits in those that decide to drink. W.A.S.T.E.D. is an acronym for healthier drinking habits. W= watch your drink, A= alternate alcohol with water, S=sip, don't chug, T=think about your way home, E= eat before you drink, and D=do not drink past your limit. The campaign has been very well received by the student body.

Residence Hall programs: Residence Assistants call upon the Health Education Specialist in the Student Health & Wellness Center or ask to coordinate the help of the Peer Health Educators to assist with programs for the residents on their halls. They may simply request brochures to accompany a program they already have planned.

Party Safe events: Every year the Peer Health Educators host a Safe Spring Break, or Happy Halloween party where they address the W.A.S.T.E.D. campaign risk reduction points of information, alternatives to drinking alcohol or using other drugs, safer sex, and safer driving, all while having a good time with music, games, and dancing.

Late Night events: In an effort to combat AOD use and abuse, several offices host late night events to provide alternative activities for the students during the hours of 8pm-2pm. Office such as Campus recreation have started to hosted more than one a year so the idea has caught on and is becoming more of a normative programming effort.

Athletic events: All athletic events (Division I, Intramural, and Club level) are substance free.

Beer Gardens: A few times a year, the University sponsors large community wide events and monitors the alcohol usage by providing a designated space for alcohol consumption. This environmental strategy reduces the number of open containers and binge drinking behavior throughout the campus. The Beer Garden strategy promotes a culture of responsible behavior at large events that have the propensity to do otherwise.

Collegiate Alcohol Awareness Week: During a week in October, hundreds of Longwood University students join in with other students across the nation to dedicate time to learning, sharing, and educating about alcohol abuse prevention. Specifically, leaders within Greek Life work with campus partners to host presentations, workshops, and tabling events. During this reporting cycle, they actually hosted a program called “Blurred Lines” which dealt specifically with the issue of sexual consent, assault, and rape. Other events that occurred were “I pledge...” tabling events where students were encouraged to think about a bad habit they have and want to change. Some were related to alcohol use but not all; there were pledge cards that spoke to self-respect and body image to name a few.

Campus-wide Speakers: With a grant from Virginia Alcohol and Beverage Control, we were able to host a campus-wide speaker, Rick Barnes. The particular presentation was "*Drink Think: A Personal Approach to Alcohol*". This presentation goes beyond the rules and regulations, and addresses the personal choice concerning alcohol use. This is a fun, interactive, yet serious discussion about alcohol use on campus. It served as a solid general alcohol education and responsibility program that spoke to the realities of today’s students. Not only did it make them think, it made them laugh!

Save-a-life Tour: The national “Save A Life Tour” was developed to provide state-of-the-art, interactive driving simulation that truly shows participants the grim reality of destructive decisions. This program addresses the very real and often fatal consequences of poor choices that are made while driving under the influence or distracted. The Distracted Driving Simulator Program was developed due to distracted driving becoming an increasingly large problem on our nation’s roadways in recent years. The simulators put texting while driving to the test. One of our fraternities felt strongly about the program, brought it to campus with help from the Student Government Association, and made it available as a campus-wide program in Student Union Ballroom.

Operation Undergrad @ LU: Thanks to a VA ABC Operation Undergrad grant we use an environmental approach that targets alcohol distributors, party hosts, and students. The enforcement effort is a deterrent to potential violators and the educational efforts increase students’ understanding of the Federal, State, and local laws and the possible consequences of alcohol consumption for them and their guests. The long term effect is a decrease in irresponsible behaviors that result in arrests, judicial charges, and negative health outcomes.

Efficacy of AOD Programs and Consistency of Sanction Enforcement

I. National Comparison

Longwood University-National College Health Assessment 2012

Academic Impacts

Within the last 12 months, students reported the following factors affecting their Individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work:

Alcohol use: 6.8 %

Alcohol use: 5.0 % (national reference group/average)

Drug use: 0.0 %

Drug use: 1.9 % (national reference group/average)

Alcohol and drug use continue to be important public health issues for our campus to address, the data above shows that we are above average for alcohol use and below average for drug use in terms of how these substances negatively impact academics. Without the implementation of our AOD program, these numbers would be much higher. The full ACHA-NCHA can be found at http://www.longwood.edu/assets/health/NCHA_2012_edited.pdf

II. Longwood University AOD Program Effectiveness

T h e	FY 12	151 students	First Round and Last Call Program
	FY 13	134 students	First Round and Last Call Program
	FY 14	113 students	First Round and Last Call Program

number of students who have been sanctioned for AOD policy infractions and have completed our sanction program, has decreased. Such success is a direct result of our AOD education, prevention, and intervention programs. Our programs have proven to be effective in the fight against alcohol and drug misuse.

Example of Program Specific Evaluation: *First Round Sanction Class*

1. This course helped me...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
gain a better understanding of myself	0.0% (0)	0.0%	33.3%	66.7%	0.0%
reflect on personal pros and cons of my drinking choices	0.0%	0.0%	0.0%	33.3%	66.7%
learn to prevent or minimize the harm associated with my decisions	0.0%	0.0%	0.0%	50.0%	50.0%
learn to be responsible for my choice and subsequent choices	0.0%	0.0%	11.1%	77.8%	11.1%
Become aware of the treatment options	0.0%	0.0%	16.7%	33.3%	50.0%

2. As a result of this course I...

- a. see no change is necessary 0.0%
- b. am considering the need to make a change 66.7%**
- c. decided to make a change 33.3%

Example of Program Specific Evaluation: *Last Call* Class Evaluation

1. This course helped me...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Understand addiction	0.0% (0)	0.0%	0.0%	77.8%	22.2%
Understand the harmful effects of alcohol and marijuana on the body	0.0%	0.0%	11.1%	55.6%	33.3%
Explore the pros and cons of high and low risk behavior	0.0%	0.0%	0.0%	55.6%	44.4%
Understand the effect alcohol has on the college/university experience	0.0%	0.0%	11.1%	77.8%	11.1%
Become aware of the treatment options	0.0%	11.1%	0.0%	55.6%	33.3%

2. (Circle One) As a result of this course I...

- a. see no change is necessary 33.3%
- b. am considering the need to make a change 22.2%
- c. decided to make a change 0.0%
- d. maintain my current level of change **44.4%**

AOD Program and Policy Recommendations:

- I. Edits to Alcohol and Drug policy
 - a. Rationale: The Community Standards Team recommends some minor changes to the policy as part of the Drug Free Schools and Campuses Act Biennial Review.

5. Possession/Use of Drugs (see [Alcohol and Other Drug Policies, Procedures, and Information](#))
 - a. Possessing or using an illegal drug as defined by the Drug Control Act of the Commonwealth of Virginia. ~~Possession is defined to include any area or property for which the student is responsible.~~
 - b. Rationale: EAP has replaced SEAS for the Commonwealth of Virginia.

LU Policy 5202: Alcohol, Drug, and Substance Use and Abuse; Section III: Rehabilitation

Employee Assistance Program (EAP) will replace State Employee Assistance Service (SEAS)
- II. Sanction course review must continue to align with the recommendations provided through the Instructor survey and to align with the changes in class fees.
 - a. We have increased the fee for the program from \$50/\$75 to \$75/\$100 per class.
- III. Add Bi-ennial Review to annual security report which is distributed via email and hard copies are made available to those without access to email. This is particularly important for faculty and staff.
- IV. Assign a specific budget to support education and prevention efforts in order to continue programs which are currently grant supported.