

UC Berkeley
Biennial Review of Alcohol and Other Drug (AOD) Programs 2016-18
**“Drug Free Workplace Act of 1988/
Drug Free Schools and Communities Act of 1989”**
June 2018

Background

Federal legislation requires that institutes of higher education (IHE) review drug prevention programs biennially. Berkeley completed the first required review in Spring 1993 (for the academic years 1990-91 and 1991-92), and every two years following. This biennial review is for the academic years 2016-17 and 2017-18.

Berkeley regularly convenes the *CERC Subcommittee on Student Risk*. This campus workgroup of key departments collaborates to collect and analyze risk data, ensure a coordinated approach to alcohol risk management, and identify campus priorities. Committee membership appears on page 2 of this report.

The biennial review is prepared by University Health Services on behalf of the University of California, Berkeley. Records are maintained for the requisite three years [EDGAR Sec. 86.103 (b) (1)] in the Health Promotion Unit of the University Health Services, 2222 Bancroft Way, Berkeley, CA, 94720-4300. Contact Cathy Kodama, (510) 642-7202.

Section 1: Descriptions of AOD Program Elements

The University of California, Berkeley continues to coordinate a multifaceted alcohol and other drug prevention program. This program includes the use of evidence-based practices, including environmental risk management strategies, and is guided by data about Berkeley students.

Berkeley’s alcohol and other drug (AOD) program inventory includes the following activities:

New and revised activities during 2016-18:

- *Updated Education for New Incoming Undergraduates*: Advised on development of new student education, including advocacy for a mandate for online alcohol education.
- *Enhanced Focus on Alcohol transports*: Collaboration with City emergency personnel and local hospitals; developed emergency contact procedures; created response guidelines for students (when to call, how to work with emergency personnel); manage relational and reputational issues with partners.
- Bill that would highlight some of the goals around Standardizing Risk Management. We hope to have it passed by April. The Berkeley City Council may be voting on the Group Living Ordinance. If they do, we should review it and assess the implications for student wellness.
- Greek Life initiatives
- Active Bystander/Good Samaritan Policy.

Continuing activities:

- *Online education requirement for incoming new undergraduates*

- *Alcohol-free events and activities taking place between the hours of 10pm-2am during Welcome Week*
- *Alcohol Risk Management workshops*
- *Brief motivational interventions in a healthcare setting*
- *Bystander prevention education and training*
- *Enforcement visibility project*
- *Happy Neighbors Program*
- *New student orientations*
- *CERC Subcommittee on Student Risk: This campus workgroup of key departments collaborates to collect and analyze risk data, ensure a coordinate approach to alcohol risk management, and identify campus priorities. Membership includes:*
 - Coordinator, Alcohol Prevention, University Health Services
 - Associate Athletic Director, Performance, Health & Welfare, Intercollegiate Athletics
 - Director, Assessment & Operations, Office of Student Development, Residential & Student Service Programs
 - Risk Managers, Ethics, Risk and Compliance Services
 - Director, Center for Student Conduct
 - Alcohol and Other Drug Specialist, University Health Services
 - Director of Local Government and Community Relations, Office of the Chancellor
 - Community Outreach, University Police
 - Director, LEAD Center, Office of the Dean of Students
 - Director, New Student Services
- *Social marketing campaigns*
- *Social norms marketing campaigns*
- *Student involvement/Peer engagement: All partner departments work with student leaders, peer educators, student staff and student advisory teams on alcohol initiatives. The 4-6 Partysafe interns work specifically on student advocacy for alcohol issues.*
- *Substance-free housing*
- *Tabling events/health fairs*

For a complete summary of all campus activities, see Appendix A.

Section 2: Statement of AOD Program Goals and Discussion of Goal Achievement

- A. Engage key campus leadership in supporting student alcohol initiatives that span multiple campus divisions. This would include the following:
 1. Bring visibility to this issue and showing that we care about it at the highest levels of the organization.
 2. Coordinate the response to student alcohol issues and events that create financial, legal, or reputational risk to the campus, and risk/danger to Berkeley students.
 3. Represent this issue to other campus leaders as needed, including the new Chancellor.
 4. Develop and adopt a campus statement on alcohol, with participation by students, staff, and faculty, and manage a campus website for dissemination of the statement and related policies and programs.
 5. Provide high-level support for mandatory education for all incoming students through online and other modalities.
 6. Provide high-level support to the multiple units (including UCPD, UHS, and the Center for Student Conduct) responsible for the continued clear articulation of community Standards via the visibility of alcohol enforcement and sanctions.
- B. Increase online alcohol training completion by employing best practices for maximizing the implied mandate model, including use of student roster reconciliation for follow-up communications. Explore best practices for enforced mandates, including course enrollment blocks.
- C. Focus on Game Day: Launch and evaluate the Pre-Game Huddle project. Review incident/risk data and best practices for alcohol risk management and propose additional cost-effective campus measures.
- D. Focus on Greek parties: Review existing incident/risk data and best practices for alcohol risk management and propose and implement cost/effective campus measures.

Section 3: Summary of AOD Program Strengths and Weaknesses

Strengths include:

- Progress toward institutionalization and visibility of senior leadership, resource allocation, and strategic planning and use of data for alcohol risk management;
- Programming for universal, selective and indicated student populations;
- Student involvement/peer engagement in policy and program activities.

Areas for growth include:

- Improve and simplify the safety-based controls and practices in Greek and other off-campus party settings, including on game days.
- Strengthen, evaluate and institutionalize alcohol-incident follow up procedures to optimize individual student as well as community intervention and prevention opportunities.
- Review and adopt alcohol-related policies that promote reduction of alcohol misuse; engage and involve students in order to minimize real and perceived student opposition to proposals.

Section 4: Procedures for Distributing Annual AOD Notification to Students/Employees

In compliance with the Drug Free Workplace Act of 1988 and the Drug Free Schools and Communities Act of 1989, University Health Services staff helped to develop the required information for inclusion in the campus "Annual Security Report" publication which is distributed, under the Clery Act, by mail to all members of the campus community, for each of the required years. The publication is also available online at <https://ucpd.berkeley.edu/administration/clery-act/uc-berkeley-campus-annual-fire-safety-security-report>

Section 5: Copies of the Policies Distributed to Students and Employees

The policies, regulations and laws below are outlined in the campus "Annual Fire Safety and Security Report" publication that is distributed, under the Clery Act, to all members of the campus community, for each of the required years. This publication is available online as described above.

Policies, regulations and laws:

- University of California Policy on Substance Abuse (11/1/90): <http://policy.ucop.edu/doc/4000386/SubstanceAbuse>
- The Code of Student Conduct, University of California, Berkeley: <http://sa.berkeley.edu/code-of-conduct>
- The Federal Drug-Free Workplace Act of 1988 (Public Law 100-690, Title V, Sub D): <http://www.gpo.gov/fdsys/pkg/USCODE-2009-title41/pdf/USCODE-2009-title41-chap10.pdf>
- The Drug-Free Schools and Communities Acts of 1989: <http://thomas.loc.gov/cgi-bin/query/z?c101:H.R.3614.ENR>:
- The California State Drug-Free Workplace Act of 1990: <https://www.calpers.ca.gov/index.jsp?bc=/business/how-to/contact-policies/drug-freework.xml>
- The Controlled Substances Act 21 (<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/CFRSearch.cfm?CFRPart=1308>, United States Code 812 (<http://www.gpo.gov/fdsys/granule/USCODE-2011-title21/USCODE-2011-title21-chap13-subchapl-partB-sec812/content-detail.html>), and by regulation at 21, Code of Federal Regulations 1308 (<http://www.ecfr.gov/cgi-bin/text-idx?rgn=div5&node=21:9.0.1.1.9>)

As stated in "Annual Security Report," availability of policies:

- These and other campus policies can be found online by going to the Directory of Administrative Policies and Procedures at campuspol.chance.berkeley.edu and searching for "alcohol."

Section 6: Recommendations for Revising AOD Programs

The campus has had a 3-5 year plan to institute significant advances to increase our education, intervention, and enforcement efforts in the following ways. Updates are from the recent two-year period are underlined.

- A. *Campus Statement and Web Site on Alcohol*: The web site will be a one-stop shop for resources and policies concerning alcohol. Status: Has been instituted and is widely used.
- B. *Development of an Alcohol Misuse Presentation for New Student Orientation*: The presentation will educate entering students on the real-life consequences of alcohol misuse. Status: Since Fall 2014, over 12,000 new students have received this educational model. New, theater-based model launched in Fall 2017 and continues to be improved and implemented.
- C. *Party Night Strategies*: The campus will develop an awareness campaign and provide resources to student organizations holding parties. The resources include "party packs" of non-alcoholic beverages, training for "sober brothers," wristbands that cannot be taken off without destroying, and bus shuttles. Status: The campus successfully launched an educational campaign sponsored by University Health Services, Recreational Sports, Parking & Transportation, and UCPD with safe partying and safe transport messages on posters, flyers, social media, and bus stops. The Party Safe campaign launched a special targeted effort to reach high-risk party givers with advice, support, and education in advance of individual large parties being held, with the result of a reduction in problem parties and alcohol transports.
- D. *Online alcohol education mandate*: With the UC system mandating sexual assault online education for incoming students, in Fall 2015 the campus began using a module that included both alcohol and sexual assault education, with a hard mandate of a Spring semester registration block for non-compliers. The sanction is administered by the Dean of Students office for undergraduates. In Fall 2016 this mandate extended to new graduate students.

Appendices

- A. CERC Summary of Current Campus Initiatives, Programs and Services that Address Student Alcohol Use, 2016-18
- B. 2018 Data Dashboard
- C. 2017 Data Dashboard

**Compliance Enterprise Risk Committee (CERC) Subcommittee on Student Risk
Summary of Current Campus Initiatives, Programs, and Services
Addressing Student Alcohol Misuse
Through Fall 2018**

Overall Campus

Activity Name: Compliance and Enterprise Risk Committee, Subcommittee on Student Risk

Brief description: The Student Risk Subcommittee of the campus wide Compliance and Enterprise Risk Committee (CERC) is chaired by the Office of Risk Services. Membership is made up of student leaders and multiple campus units. The Subcommittee is charged with identifying methods to reduce the risks faced by students. The most critical risks faced by students has been identified as alcohol misuse, mental health, sexual violence/harassment.

Contact person: Leona Chen

Activity Name: First 8

Brief description: In Fall 2016 this group replaced the Berkeley Roundtable on Indoor Events hosted by the Berkeley Fire Department. It is composed of multiple campus units, student leaders, and representatives from the Berkeley Fire Department, Berkeley Police Department, and Berkeley City Manager's Office. The group meets every Wednesday during the first eight weeks ("First 8") of fall semester to foster communication, spot trends, coordinate efforts, and show both students and neighbors a more visible commitment to reducing student risk. The weekly meetings end after Halloween, but the group continues to meet roughly once a month on an ad hoc basis to address student-related risks of concern to both the campus and city.

Contact persons: Leona Chen

Activity Name: [Responsible Bystander Policy](#)

Brief description: In Spring 2016 the campus approved an amendment to the Code of Student Conduct that encourages students and registered student organizations to seek medical assistance for fellow students experiencing an alcohol- or controlled substance-related medical emergency. The amendment exempts from the Student Conduct violation process anyone who reports such a medical emergency even if they themselves have violated the Student Code of Conduct regarding alcohol or controlled substances.

Contact persons: Student Conduct Office

Activity Name: Campus Alcohol Website

Brief description: Information, resources, and alcohol-related policies

Contact person: Laila DeBerry, Risk Services

For more information: <http://riskservices.berkeley.edu/alcohol-campus>

Activity Name: AOD counseling & groups, mandated workshops, consults, referrals, trainings

Brief description: Services for students interested in talking about getting what they want from their use, without the things they don't want, or for help with achieving their AOD goals. Also, consultation for those concerned about others' use. Referrals to mental health and AOD services outside UHS. Trainings, usually for

student leaders, on recognizing AOD concerns, how to talk with people they are concerned about, and AOD resources on campus. Mandated services, (individual, groups, workshops,) for those referred by the Center for Student Conduct, Residential Conduct, I-House, Co-ops, and other referring bodies outside of campus.

Contact person: Paula Flamm, manager, or Robin Walley, lead for AOD counseling, at Social Services

For more information: <http://www.uhs.berkeley.edu/students/counseling/socialservices.shtml>

Activity Name: Party Safe Alcohol Education / Outreach

Brief description: Using our toolkits, workshops, and consultation services - party throwers, party goers and party neighbors make an active effort to keep it social not slurred. In addition, stop by or volunteer with our resource stations offering free water, snacks, giveaways and Party Safe tips on game days and key party nights.

Contact person: Karen Hughes

For more information: <https://uhs.berkeley.edu/psafe/>

Activity Name: Happy Neighbors

Brief description: Creating awareness and optimal neighbor relations through peer education and outreach. This program educates students and their neighbors about community expectations, relevant policies and laws, and police and student conduct procedures for possible alcohol, party, and noise-related violations. Happy Neighbors messages are promoted through the use of various media and outreach methods, often in partnership with PartySafe@Cal.

Contact person: Leona Chen

For more info: <http://chancellor.berkeley.edu/gcr/local-community/programs-initiatives#happy>

New Undergraduates

Activity Name: Online Alcohol Education Course

Brief description: 1 hour course all incoming undergraduates take prior to coming to campus.

Contact person: Amber Ulmer for General Questions & Compliance

For more information: <http://alcoholedu.berkeley.edu/>

This is moving to a different vendor for AY2016-17 and will include information about other drugs.

Activity Name: Bear PACT

Brief description: Presentations during Welcome Week for all new undergraduate students, including making healthy decisions, party behaviors, dealing with alcohol emergencies, and community support.

Contact person: New Student Services and University Health Services

Activity Name: August/September: Residential Getting Your Bearings Events

Brief description: Units host events to welcome new students. Activities that occurred included:

- GYB Welcome Socials with Resident Faculty
- Community Meetings with Student and Professional Staff
- Residential Tutoring Bootcamp Workshops Each unit also hosted a variety of events to welcome students into their new communities.

Contact person: Unit resident director

Cal Greeks

Activity Name: Social & Risk Management Training

Brief description: Social & Risk Management Training (SRMT) is a two part training at the beginning of the Fall and Spring semesters. The Spring SRMT is more experiential based with students learning how to register an event, the policies in registering an event, how to intervene effectively at events, and how to see the warning signs for potential sexual violence. The Fall SRMT focuses more on culture change and is presented TedX style.

Contact person: Dylan C. Howser, Jeff Woods, Alex Richards
For more info: lead.berkeley.edu

Activity Name: New Member Academy

Brief description: An educational program at the beginning of the Fall and Spring semesters for all new members to the CalGreeks community. It introduces new members to community values, history, and leadership opportunities, and discusses hazing, sexual assault, alcohol abuse, and diversity and inclusion.

Contact person: Jeff Woods

For more info: lead.berkeley.edu

Activity Name: Mandatory Alcohol Education Program for CalGreeks Chapters

Brief description: All recognized fraternities and sororities in the CalGreeks community are required to implement at least one educational program each semester for at least 80% of its membership. Programs can vary from chapter to chapter, however most chapters utilize Every Bear Goes Home, Berkeley Police Department, and PartySafe@Cal.

Contact person: Jeff Woods and Alex Richards

For more info: <http://lead.berkeley.edu/wp-content/uploads/2015/01/all-greek-social-code.pdf>

Activity Name: General Advising

Brief description: Many fraternities and sororities work with their advisor to develop programs that follow policy and best practices with alcohol. Advisors work with groups to help develop safer cultures around alcohol at individual organizations.

Contact person: Jeff Woods and Alex Richards

For more information:

Activity Name: CalGreeks Alcohol Task Force

Brief description: The CalGreeks Alcohol Taskforce (CAT) is a group of students from various backgrounds that work with, and are independent from, the greek councils towards a safer and more educated community with respect to alcohol. These students monitor the social events of the greek community in order to ensure all safety rules are being followed.

Contact person: Jeff Woods and Alex Richards

Activity Name: IFC Quarterly Meetings

Brief description: The Interfraternity Council hosts 4 meetings per year to address Greek specific neighbor issues. Happy Neighbors partners for 2 of the 4 meetings, which include campus staff, city partners, and student leaders. Incidents of noise, trash, and other reported complaints are reviewed and action plans are discussed to

mitigate further issues. A report is generated, providing a summary of violations of the Revitalized IFC policies, All Greek Social Code, City of Berkeley Enforcement, and the Group Living Accommodation. The format of this report is outlined by the settlement agreement agreed upon by the Interfraternitiy Council at Berkeley in February, 2017.

Contact person: Dylan Howser

Student Organizations

Activity Name: Signatory Training

Brief description: Introduction to leading a student organization for student signatories, covering topics such as room reservations, responsibilities of signatories, and leadership skills. Additional topics will be covered on how student leaders address difficult issues such as sexual assault, mental health, and alcohol within organization.

Contact person: Marissa Reynoso

For more information: lead.berkeley.edu

Intercollegiate Athletics

Activity Name: Intercollegiate Athletics Specific Alcohol Statement and Policy

Brief description: Policy statement about alcohol use/misuse and a policy of how it is dealt with

Contact person: Ryan Cobb

Residence Halls

Activity Name: Security Booth Posters & Staff Email

Brief description: 20 Residence Halls have security booths that all people who enter the hall have to visit to check in. At this booth we have a proactive poster campaign to outreach to residents and guests about safety and security related topics. There is a supplemental email that is sent to all hall staff and security staff with talking points and resources related to that time periods poster.

Contact person: Amber Ulmer

For more info: N/A

Activity Name: Residential Code of Conduct

Brief description: The Residential Code of Conduct found in the Bear Necessities Guide to Living outlines community expectations related to alcohol and other drugs in the residence halls.

Contact person: Kate Bowers

For more information: http://www.housing.berkeley.edu/student/Bear_Necessities_Guide1.pdf

Activity Name: Residential Hall Staff Training

Brief description: Hall staff including Security Monitor's, RA's & RD's discuss and review signs of students who need medical attention due to alcohol intoxication and RSSP's protocols for addressing incidents and documenting what happened.

Contact person: Robin Hershkowitz

For more information: N/A

Activity Name: Alcohol Incidents in Residence Halls Report

Brief description: For the first six weeks of the fall semester every year we track and report alcohol related incidents to RSSP Cabinet and others in the University. This report particularly tracks transports the residential staff were involved in handling.

Contact person: Kate Bowers

Activity Name: September: Resident Faculty Community Dinners

Brief description: Throughout the month of September Resident Faculty hosted 5 dinners. Many dinners taking place on Thursday and Friday to provide residents alternative programming. Residents participated in a casual off campus dinners and were able to have a variety of conversations around such topics as politics, diversity, career goal planning and philosophy with senior faculty members.

Contact person: Maria Padilla

Activity Name: November: Thanksgiving unit wide activities

Brief description: Every year we have students who don't travel home for the Thanksgiving holidays. Residential Education provided students with a variety of programs throughout the weekend that included community dinners, group viewings of the Thanksgiving Day Parade and football games.

Contact person: Unit resident directors

Data Dashboard

Updated: Summer 2018

Alcohol is the most common drug consumed by college students. Most Cal students who drink or use other substances make safe choices and don't experience negative academic, physical or social consequences due to their use.

However, the range and scope of risk should not be underestimated. Adverse consequences related to substance use are well-documented, and they often impact more than just the users themselves. Adverse consequences include death, injuries, sexual and physical assault, hangovers, black-outs, impaired academic performance, student attrition, driving under the influence, legal fines, property damage, vandalism, high risk sex, and dependence.

We draw on several national college data sources as well as our own campus research statistics to inform and guide our policies, strategies and activities. Key data and facts are included here.

- 33% of Berkeley students don't drink (past month)
- 71% of Berkeley students who drink usually have 4 or fewer
- 21% of Berkeley students binge drink (past two weeks)
- 83% don't use marijuana and 94% don't smoke cigarettes (past month)
- 41% of new Berkeley students don't drink (includes transfers) (Campus Clarity)
- 99% of student drinkers use one or more personal risk management techniques.
 - 43% alternate non-alcoholic with alcoholic beverages
 - 76% keep track of how many drinks they consume
 - 38% pace drinks to one per hour
 - 31% set a limit in advance
- 58% of student drinkers do not experience negative consequences due to their drinking. However:
 - 30% did something they later regretted
 - 19% drove under the influence
 - 11% had unprotected sex
 - 8% injured themselves
- Alcohol emergency transports (UCPD):
 - Fall 2017 – 58
 - Fall 2016 – 64
 - Fall 2015 – 65
 - Fall 2014 – 83
- Public Nuisance Violations for loud, late parties (BPD):
 - Fall 2016 – 31
 - Fall 2015 – 59
 - Fall 2014 – 47
 - Fall 2013 – 76

Data Source (unless otherwise indicated): NCHA Survey, Spring 2016
For more information, contact partysafe@berkeley.edu or (510) 643-9073.

Data Dashboard

Summer 2017

Alcohol is the most common drug consumed by college students. Most Cal students who drink make safe choices and don't experience negative academic, physical or social consequences due to their drinking.

Don't underestimate or overestimate the scope and size of alcohol-related risks and consequences. Most, but not all are well-documented. They can be direct to the drinker or have second-hand impact on others. Negative consequences include death, injuries, sexual and physical assault, hangovers, black-outs, impaired academic performance, student attrition, driving under the influence, legal fines, property damage, vandalism, high risk sex, and dependence. Positive consequences may be social, emotional, physical or spiritual.

We draw on several national college drinking data sources as well as our own campus research statistics to inform and guide our policies, strategies and activities. Key data and facts are included here.

Data Dashboard – Summer 2017

- 33% of Berkeley students don't drink
- 71% of Berkeley students who drink have four or fewer
- 21% of Berkeley students binge drink (last two weeks)
- 41% of new Berkeley students don't drink (includes transfers)
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- 58% of student drinkers do not experience negative consequences due to their drinking. However:
 - 30% did something they later regretted
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- Alcohol emergency transports:
 - Fall 2016 – 64
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