Memorandum

To: Frostburg State University Executive Committee

From: Bradford Nixon

Date: June 17, 2021

Re: Biennial Review of the Alcohol, Tobacco and Other Drugs Program

Attached is the Biennial Review for the period 2018-2020 as required by the Drug-Free Schools and Communities Act.

The Act requires the report address the following:

I. Description of the ATOD Program Elements

II. Statement of ATOD Program Goals and Discussion of Goal Achievement

III. Summary of ATOD Program Strengths and Weaknesses

IV. Procedures for Distributing ATOD Policy to Students and Employees

V. Ensuring that Disciplinary Sanctions are Consistently Enforced

VI. Recommendations for Revising the ATOD Program

VII. Copies of the Policies Distributed

Note: Many of the required topics of the Biennial Review are addressed through the work of the Division of Student Affairs. Rather than duplicating their work, this report references pertinent reports produced by the Division. The offices that may be appropriately contacted are noted herein.

BIENNIAL REVIEW

OF THE

ALCOHOL, TOBACCO, AND OTHER DRUGS PROGRAM

2018- 2020

As part of the federal compliance requirements for the Drug-Free Schools and Communities Act, each institution of higher education must conduct a biennial review of its Alcohol, Tobacco and Other Drugs (ATOD) programs. Although the review is required by law and institutions must retain it in their files, it is not reported to any federal or state agency unless requested. This report is for the Fall 2019 through Spring 2020 period.

The review has two objectives:

(1) to determine the effectiveness of, and to implement any needed changes to, the ATOD program; and

(2) to ensure that the disciplinary sanctions for violating standards of conduct are enforced consistently.

I. Description of the ATOD Program Elements

Frostburg State University is dedicated to a university-wide concerted effort of numerous groups and individuals to address alcohol, tobacco and other drug issues on campus. Although many efforts are initiated by the Office of Student Affairs, specific efforts are made by the Frostburg Community Coalition, the BURG Peer Education Network, the Substance Abuse Facts and Education office (SAFE) and counseling offered to students through the University's Counseling Center.

Many departments and organizations at FSU address issues of alcohol, tobacco and other drug use through programs and initiatives that are on-going and continually reviewed for effectiveness. The areas of the University involved and their related programs are described below in Section II and in the attached appendices.

II. Statement of ATOD Program Goals and Discussion of Goal Achievement

A. Program Goals

General program goals include the following and are promoted by the campus offices, coalitions, and departments listed below.

- Continue to promote collaboration between university departments, the community, the University System of Maryland, and other statewide and national organizations to increase awareness of substance abuse issues.

- Increase awareness of substance abuse related programs through social marketing and educational brochures.

- Work with local authorities to discuss high risk behavior and events involving FSU students.

- Work with the Director of Athletics and Assistant Director for Greek Life to increase awareness of substance abuse issues among student-athletes and Greek students.

- Enforce a no smoking policy, including the entire campus, both in buildings and outside.

- Conduct the National College Health Assessment and the Maryland College Alcohol Survey.

- Challenge behavior that violates the University's alcohol and drug policy.

- Through the University's work with the Maryland Collaborative to Reduce College Drinking and Related Problems, establish a culture that actively supports, educates, and

empowers students to make healthy choices about alcohol consumption, while engaging the university community with innovative, evidence-based, student-driven alcohol awareness and prevention programs. These initiatives also address recent drug trends including increase use of marijuana among college students and supporting local community programs addressing opioids.

- Through collaboration with the Frostburg Community Coalition, reduce the number of youth, ages 12-18, reporting past month alcohol and marijuana use, and reduce access of alcohol and marijuana through collaborative efforts with retailers, city officials, and law enforcement.

1. Substance Abuse Facts & Education Office

Purpose: The Substance Abuse Facts & Education (SAFE) Office is charged with the responsibility of researching, reviewing, and approving recommendations related to substance abuse prevention at Frostburg State University. As such, key stakeholders meet monthly during the academic session to share new research initiatives, review best-practices, and make decisions regarding substance abuse prevention efforts based on available information and resources. Additionally, the SAFE Office maintains a commitment to student safety on and off campus, while working collaboratively with invested stakeholders, partners, and the community. The center also provides a website that includes evidence based resources and tools that educate students about healthy lifestyles and wellness.

Vision: Frostburg State University will be recognized for establishing a culture of alcohol and substance abuse awareness that actively supports, educates, and empowers students to make healthy choices and improve academic outcomes by providing comprehensive campus activities while reaching out to the University community with innovative, evidence-informed, student-driven prevention programs.

Mission: The SAFE Office will engage students, faculty, staff, city officials, and community stakeholders through intentional planning, meaningful endeavors, and collaborative efforts to reduce alcohol-related harms and substance abusing behaviors among students.

Values and Culture:

- We believe all students should live and learn in an environment that is safe from harms.

- We believe students can develop a healthy lifestyle as a choice by experiencing an environment that is conducive to student success.

- We believe we have a responsibility for the education of students through academic pursuits, student life, and community living.

Strategic Priorities:

1. Provide innovative prevention programs that are educational and informed by evidence.

2. Engage students in meaningful activities that enrich their experiences and focus on student quality of life.

3. Facilitate deterrence initiatives that assist students in contemplative thought processes regarding their behavior on and off campus.

4. Demonstrate a commitment to collaboration with the off-campus community in addressing matters pertaining to high-risk behaviors.

5. Collaborate with alcohol retail outlets to promote responsible purchase and consumption of alcohol among students of legal age.

2. BURG Peer Education Network

The BURG Peer Education Network is supported by an annual grant funded by the Maryland Department of Health and Mental Hygiene's (OPHI Division) and is administered through the University's SAFE Office. Student peer educators are trained and nationally certified through NASPA/BACCHUS. Maryland DHMH grant funds support the SAFE Office and information related to the annual activities are located in the SAFE Office. The annual report of the Maryland Alcohol and Drug Abuse Administration also contains statistical information about the activities of BURG and SAFE at FSU.

3. Basic Screening Intervention Program (BSI)

The Basics Screening Intervention program is mandated for judicial offenders of alcohol and drug policies. This is an evidenced-based program that has been shown to be effective with collegiate high-risk drinkers and drug users. All policy violators are screened using quantity/frequency questions and referred to the SAFE Office for further individualized brief intervention if they screen in the high-risk category. The SAFE Office provides students who are interested in becoming addictions counselors an opportunity to intern through the office. The BASICS Model, motivational interviewing, role playing and shadowing are just a few things students engage in during their experience.

4. Reality Check

The Reality Check website is designed to provide students with educational information regarding alcohol, potential harms associated with high-risk consumption, low-risk consumption protective factors, and available resources.

5. Student Conduct and Community Standards

Our Community Standards Policy Statements promotes the concept of students taking ownership of their community and taking responsibility for their behavior. One element of our Community Standards Policy Statements includes student expectations related to alcohol and other drugs. The Office of Student Affairs handles all student judicial board referrals and sanctions. Information concerning alcohol and other drug violations from fall 2018 through spring 2020 is located in the Office of Student Affairs. A summary of FSU's Substance Abuse Policy is attached as *Appendix A.* FSU's zero-tolerance policy for ATOD violations dictates that when a student exhibits behaviors that indicate he or she is under the influence of alcohol or drugs, FSU police or University staff will consistently confront, report, and adjudicate associated University policy violations.

6. Counseling Center

Counseling and Psychological Services (CAPS) provides assessment, early intervention services, and referral services to students. This includes both individual and group counseling. The purpose is to assist students to assess their use, gain insight into the impact of their ATOD use, and learn behavioral methods to reduce or eliminate their use. Students who screen as high-risk may be referred to the SAFE Office for a Basic Screening Intervention. Though some students are referred through campus judicial affairs, most choose on their own or with the encouragement of family/friends to initiate treatment in CAPS.

7. University Police

The Office of Student Affairs meets regularly with the University's Police Department and local and state law enforcement to discuss concerns related to student use of alcohol and other drugs in the community. Information is shared related to parties and events scheduled off-campus that may require police intervention. These collaborative efforts have significantly reduced the number of such events and the need for police intervention. The Chief of Police is responsible for publishing the Annual Security & Fire Safety Report consistent with Clery Compliance.

8. Maryland Collaborative to Reduce College Drinking and Related Problems

FSU became an inaugural member of the Maryland Collaborative to Reduce College Drinking and Related Problems in 2013. Since this time, FSU has been an integral member of the Maryland Collaborative and has participated in the Maryland College Alcohol Survey for the past seven years (2014-2020). See *Appendix B* for 2019 and 2020 reports. Additionally, President Nowaczyk serves on the President's Advisory Council for the Maryland Collaborative.

9. Frostburg Community Coalition

In 2014, Frostburg State University was awarded a Drug-free Communities (DFC) grant from the Office of National Drug Control Policy. Prior to being awarded the grant, the Office of Student Affairs launched the Frostburg Community Coalition in 2012 with the assistance from a Maryland Strategic Prevention Framework grant. The Frostburg Community Coalition consists of our University prevention officials, city officials, law enforcement officials, community members, local school members, students, property managers, alcohol retailers, and other invested stakeholders that focus on two goals: 1) Reduce youth alcohol and marijuana use in the community, including the University; and 2) Reduce youth access to alcohol and marijuana in the community and on campus. During this period, the DFC Grant was not funded and our coordinator position was terminated. While COVID restrictions prohibited the coalition from meeting in 2020, the university and community are currently meeting with officials to re-establish new goals ad begin meeting again in the 2021 Fall semester.

10. e-CHECK-UP for Alcohol and e-CHECK-UP for Marijuana

Interactive web surveys that are designed to allow university students to enter information about their drinking and drug-use habits. Additionally, all alcohol and drug policy violators are required to complete the survey. Based upon the information entered, the instrument provides personalized feedback regarding personal risk patterns, individual level of alcohol tolerance, unique family risk factors, harm reduction strategies and available resources at FSU and the local community. Additional information concerning these programs is available from the S.A.F.E. Office and the Office of Student Affairs.

B. Goal Achievement

Achievement of University-wide goals and additional programmatic activities are provided in *Appendix C* as part of the SAFE Office's Annual Reports for 2019 and 2020. Additional information relating to the achievement of goals identified by University offices and organizations can be obtained from the respective offices and are available on the websites noted above.

III. Summary of ATOD Program Strengths and Weaknesses

The University will continue to address substance abuse issues that impact the campus community. Frostburg State University continues to provide a comprehensive approach to ATOD issues. FSU campus efforts include prevention, engagement and deterrence for the individual, our student population, and the community. The Substance Abuse Facts

& Education office current strategy utilizes the National Institute on Alcohol Abuse and Alcoholism's (NIAAA) Alcohol Intervention Matrix to assist in determining the impact of each strategy with the intent of reducing our overall binge drinking rate.
The strengths and weaknesses of our effort are discussed *Appendix C*. Additional data and information is available from each office or department listed in Section II.

IV. Procedures for Distributing ATOD Policy to Students and Employees

Through the Office of the Vice President for Student Affairs, the University annually distributes to all students and employees the University's Substance Abuse policies by campus e-mail. The distribution of the booklet occurs during the first four weeks of the fall semester. Policies are also available on the University's website.

V. Ensuring that Disciplinary Sanctions are Consistently Enforced

The University collects the following data to in an effort to ensure fairness, consistency and effectiveness of its program:

a. The Residence Life Office and the Judicial Board system record data on the number of drug and alcohol related disciplinary actions imposed.
b. The Counseling and Psychological Services office records the number of drug and alcohol-related referrals for counseling.
c. The Counseling and Psychological Services and SAFE Office record the number of students and employees attending self-help counseling and/or educational groups related to alcohol or drug abuse.
d. The SAFE Office assesses student alcohol and drug attitudes and behaviors through survey research.
e. The University Police record the number of drug and alcohol related incidents.
f. The University Police and Residence Life staff record the number of drug and alcohol related incidents of vandalism.
g. The University assesses student alcohol and drug attitudes and behaviors through administration of the Maryland College Alcohol Survey and the National College Health Assessment.
h. The University works closely with local and state police to collect information on citations and arrests within the local community involving students.

VI. Recommendations for Revising the ATOD Program

The SAFE Office and Frostburg Community Coalition makes recommendations on an on-going basis for revising and strengthening the ATOD program. Student Affairs stakeholders meet regularly to discuss alcohol and other drug issues affecting the University and local community. Suggestions for revising the program may be made to Student Affairs by any member of the University community. Additionally, the Maryland

Collaborative to Reduce College Drinking and Related Problems provides annual feedback regarding initiatives. See *Appendix B*.

VII. Copies of the Policies Distributed

Copies of the substance abuse policies are located in ***Community Standards Policy Statements*** published by the Division of Student Affairs.

Appendix A

Substance Abuse Policy

Frostburg State University is committed to the pursuit and dissemination of knowledge and, as such, expects all members of the academic community to behave in a manner conducive to that end. Illegal or abusive use of drugs or alcohol by members of the University community severely limits their educational and human potential as well as their ability to achieve educational, career and personal goals. In addition, illegal or abusive use of drugs or alcohol jeopardizes the safety of the individual and the University community, and adversely affects the mission of the University. Frostburg State University is therefore committed to having a campus that is free of the illegal or abusive use of drugs and alcohol. Toward that end, it is the policy of the University that the illegal or abusive use of drugs or alcohol by students is prohibited on University property or as a part of any University activity whether on or off campus. In accordance with the University's responsibilities under the federal Drug-Free Schools and Communities Act Amendments of 1989 the University provides the following information to its students.

Policy on Substance Abuse Education

In accordance with the federal Drug-Free Schools and Communities Act Amendments of 1989 (EDGAR 86) and the 2017 Start Talking Maryland Act, Frostburg State University requires all first-year freshmen and first-time transfer students to participate in AlcoholEdu and Prescription Drug Abuse Prevention. AlcoholEdu is an online alcohol education and prevention program that provides students with information regarding the effects of alcohol, potential harms of abuse, and protective factors related to making safe decisions about alcohol. Prescription Drug Abuse Prevention is an online education and prevention program that assists students in understanding the potential risks associated with prescription medications, including opiates and benzodiazepines. Additionally, Prescription Drug Abuse Prevention assists students in understanding the connection between prescription drug abuse and illegal street drugs such as heroin, while equipping students with protective factors and sharing information on treatment resources. As part of our commitment to student health, safety, and well-being, all Frostburg State University undergraduate and graduate students will be exposed to substance abuse prevention and education information on a frequent basis. The Office of Student Affairs coordinates efforts with the Substance Abuse Facts & Education office, BURG Peer Education Network, Frostburg Community Coalition, Brady Health Center, Counseling & Psychological Services, and University Police to provide email messages, information tables, marketing campaigns, classroom sessions, and community events to engage students in healthy activities, educate students, and deter substance abusing behaviors that may lead to negative consequences and diminished well-being.

Standards of Conduct

The terms "controlled substances" and "illegal drugs" prohibited under this policy are those set forth in Article 27 of the Annotated Code of Maryland:

1. Students shall not unlawfully manufacture, distribute, dispense, possess, or use any controlled dangerous substance while on campus or at a University sponsored activity.

2. Students shall not possess or use drug paraphernalia of any kind on campus or at a University sponsored activity.

3. Students shall not possess, purchase or consume any alcoholic beverages on campus or at a University sponsored activity unless they are 21 years of age or older. Students also shall not distribute, provide, or sell alcohol to underage persons on campus or at any University sponsored activity.

4. Students shall not unlawfully distribute, provide, sell, or dispense any alcoholic beverages on campus or at a University sponsored activity.

5. Violations of the University's Alcoholic Beverages Policy, as contained in the Pathfinder, or as from time-to-time amended, shall be considered a violation of this policy and the University Standards of Personal and Group Conduct.

6. Violations of the above policies which occurs off-campus may be considered a violation of the University Standards of Personal and Group Conduct where such violation interferes with the mission of the University and presents a danger to the health, safety and well-being of others. Students convicted of federal, state and/or local alcohol or drug laws on or off campus also violate the University Standards of Personal and Group Conduct and may be subject to appropriate action through the Student Code of Conduct. Students accused of violating a federal, state and/or local drug law on or off campus which is considered a felony under federal, state or local law, may face action under the University Code of Conduct, including interim suspension pending a University hearing, prior to or concurrent with any criminal proceeding.

7. Possession or use of alcohol in University residence halls is prohibited in all residence halls that have been designated as alcohol free. In all other residence halls, alcohol may be consumed only by persons 21 years of age or older, and with the following limitations:

a. Alcohol may not be consumed in a room where any guest (non-occupant) under the age of 21 is present.

b. Alcohol may not be consumed in residence hall hallways, corridors, stairwells, common bathrooms, elevators and any public place.

c. Alcohol may not be brought into residence halls by guests or visitors. Violation of these policies and other duly adopted policies relating to the consumption of alcohol in University residence halls will be considered a violation of the Residence Hall Contract and the University Standards of Personal and Group Conduct.

Specific Policies Pertaining to Substance Use:

4. Improper Possession, Use or Abuse of Alcoholic Beverages

Students under 21 years of age may not possess, purchase, sell, provide, or consume any alcoholic beverages on or off-campus. Students 21 years of age or older may not purchase, sell, or provide alcohol to underage persons on or off-campus. Abuse of alcohol, dangerous levels of intoxication, driving under the influence of alcohol, or acting as social host who provides a

location or opportunities for others to violate the University's alcohol policies (including underage drinking) on or off-campus shall constitute a violation of this policy regardless of age (see Substance Abuse Policy on pp. 26-35).

5. **Possession or Use of Drugs**

A student shall not possess or use any illegal or controlled drug or other substance, as defined by the laws of the state of Maryland, or drug paraphernalia of any kind other than those used under the direction of a physician by the individual prescribed, and in accordance with the Drug-Free Schools and Communities Act (1989), are strictly prohibited. No student shall sell or give such drug or substance to any other person. Students found responsible for use, possession, or sale of illegal drugs or drug paraphernalia of any kind may be subject to discipline including a recommended sanction of suspension or expulsion from the University (see Substance Abuse Policy on pp. 26-35).

20e (Residential Policies) Alcohol:

Students under the age of 21 are not permitted to possess or consume alcohol. Students 21 years of age are not to consume alcohol in any room in the presence of any students under the age of 21 (with the exception of an underage roommate). Consumption of alcohol in any other area of the residence hall (lounges, study rooms, TV lounges, cluster halls, baths, etc.) is strictly prohibited. Kegs and/or keg parties, or common-source alcohol containers are not permitted in any residence hall area, including individual rooms. Beer kegs, empty kegs, games designed to facilitate drinking, or any device used to assist with accelerating or increasing alcohol consumption are not permitted on campus. Alcoholic beverages shall not be brought into the residence hall by guests or visitors (see Substance Abuse Policy on pp. 26-35).

20f (Residential Policies) Drugs/Drug Paraphernalia:

The use, possession and/or sale of illegal drugs and/or drug paraphernalia of any kind, other than those used under the direction of a physician by the individual prescribed, and in accordance with the Drug-Free Schools and Communities Act (1989), are strictly prohibited. Violators may be referred to University Police and/or local authorities and may be subject to a recommended sanction of suspension or expulsion from the University (see Substance Abuse Policy on pp. 26-35).

Sanctions of Student Conduct

1. Any student found to be in violation of any of the applicable provisions of this policy shall be subject to progressive disciplinary action through the University Student Code of Conduct System. One or more of the sanctions for violations of the University Standards of Personal and Group Conduct may be imposed, including probation, suspension or expulsion from the University. As a condition of continued enrollment, the University may require a student to participate in a substance abuse education, assistance or rehabilitation program.

2. The University may suspend on an interim basis and/or remove from campus housing a student accused of violating this policy pending a hearing on the violation if it determines that

the student's continued presence on campus constitutes a threat to the health, safety or welfare of the student or others or the welfare of the University, its property or personnel.

3. The University reserves the right to conduct student conduct hearings and take disciplinary action against students who have been charged with violating a federal, state or local drug or alcohol law before, during or after any civil or criminal proceeding or resolution of those charges occur.

Disciplinary Procedures for Student Violators of Substance Abuse Policies Alcohol Polices:

Students may not possess, purchase or consume alcoholic beverages unless they are of legal age as defined by the State of Maryland for purchase, possession or consumption of such beverages. Any violation of the University's Alcoholic Beverages Policy shall be construed as a violation of this section. The University policies are designed to minimize the risks associated with the consumption of alcohol, to reflect the needs of the entire University community, and to uphold the law. The following sanctions may be imposed for violations of Improper Possession, Use and/or Abuse of Alcohol.

First Offense: Required completion of an online alcohol assessment and education program, a $50.00 Substance Abuse Prevention fine and a $50.00 Judicial Programs fine. Student's parent(s) or guardian, if under the age of 21, will be notified by mail of the violation.

Second Offense: Required completion of an online alcohol assessment and education program, and referral for a brief alcohol screening intervention, as well as a $75.00 Substance Abuse Prevention fine and a $75.00 Judicial Programs fine will be assigned. In addition, there will be one calendar year of disciplinary probation. Student's parent(s)/guardian, if under the age of 21, will be notified by mail of the violation.

Third Offense: A third violation may result in housing contract cancellation and removal from University housing, or disciplinary suspension from the University. Student's parent(s)/guardian will be notified by mail of the violation.

***The nature of the offense, regardless of the number of violations may result in housing contract cancellation and removal from University housing, or suspension from the University.

***Providing alcohol to minors/selling alcohol without a license: Recommendation that the student be suspended from the University.

Drug Policies

A student shall not possess or use any illegal or controlled drug or other substance, as defined by the laws of the state of Maryland, or drug paraphernalia. No student shall sell or give such drug or substance to any other person. The University policies are designed to minimize the risks associated with use of illegal substances, to reflect the needs of the entire University community, and to uphold the law. In accordance with the University's responsibilities under the federal Drug-Free Schools and Communities Act Amendments of 1989, students are not permitted to possess, use, or sell any controlled dangerous substance as defined by the federal government,

regardless of state laws. This includes the possession, use, or sale of prescription or medical marijuana. The following sanctions may be imposed for violations of Drug Policies.

First Offense: Required completion of an online drug assessment and education program, a $50.00 Substance Abuse Prevention fine and a $50.00 Judicial Programs fine. In addition, there will be one calendar year of disciplinary probation. Student's parent(s) or guardian, if under the age of 21, will be notified by mail of the violation. Smoking of illegal substances in the residence halls will result in additional sanctions based on fire safety concerns.

Second Offense: Required completion of an online drug assessment and education program, as well as a $75.00 Substance Abuse Prevention fine and a $75.00 Judicial Programs fine will be assigned. In addition, students will be placed on disciplinary probation through graduation. Student's parent(s)/guardian, if under the age of 21, will be notified by mail of the violation. Smoking of illegal substances in the residence halls will result in additional sanctions based on fire safety concerns.

Third Offense: A third violation will result in disciplinary suspension from the University. Student's parent(s)/guardian will be notified by mail of the violation.

***The nature of the offense, regardless of the number of violations may result in housing contract cancellation and removal from University housing, or suspension from the University.

***Manufacturing, selling, or distributing controlled dangerous substances will result in immediate disciplinary suspension from the University.

Health Risks

Substance abuse is now recognized as the number one public health problem in the United States. Approximately 30% of all admissions to general hospitals and 50% to psychiatric hospitals have detectable substance abuse. Substance abuse accounts for approximately 150,000 deaths annually. This includes deaths from stroke, diseases of the heart and liver, and all alcohol and drug related suicides, homicides and accidents. Early detection can minimize or prevent the devastating consequences of substance abuse.

Residential Consumption Law

It is a violation for someone over age 21 to permit someone under age 21 to consume alcoholic beverages on property they own or lease. It does not require that the person over 21 be the source of the alcoholic beverage. Immediate family members are exempt. So are religious ceremonies. The violation is a civil violation of the alcoholic beverages law (Section 401A) and carries a first offense fine of up to $500.

Available Drug/ Alcohol Programs

Student Assistance Programs Frostburg State University believes that members of the University community who use illegal drugs or abuse drugs or alcohol severely limit their educational and human potential and their ability to achieve educational, career and personal goals. Frostburg State University provides educational programs and activities for all members of the University

community to increase their knowledge, awareness and understanding of drugs and alcohol. Students may receive confidential and professional counseling through the University's counseling services. Referrals and information concerning community resources are available through the Substance Abuse Facts & Education (SAFE) office, Counseling & Psychological Services, or the Residence Life Office. Information and programs are provided to enhance awareness and education concerning abuse prevention. Intervention efforts consist of substance abuse workshops, assessment, referrals to campus and community agencies, and involvement with support groups such as AA, Adult Children of Alcoholics, NA and others. The program also offers a resource library to provide information about alcohol and other drug use and abuse.

SUBSTANCE ABUSE FACTS & EDUCATION (SAFE) OFFICE: 109 Pullen Hall 301.687.4761. The SAFE Office also features the BURG Peer Education Network, a student organization offering peer and health education to FSU students concerning substance abuse issues and the Frostburg Community Coalition.

COUNSELING & PSYCHOLOGICAL SERVICES: Ground Floor of Cumberland Hall 301.687.4234. Counseling & Psychological Services provides short-term counseling, assessment and referral services for students. In addition, we provide educational and consultation services for students.

RESIDENCE LIFE OFFICE: 104 Pullen Hall 301.687.4121. The Residence Life Office provides educational programs and services on substance use and abuse. Additionally, we provide referrals to campus and community agencies.

Medical Amnesty/Good Samaritan Statement

A student needing to be transported to the hospital for the first time as the result of alcohol intoxication and/or drug overdose will not face formal non-academic disciplinary action (other than parental notification if the student is under 21) provided that the student has not committed any other violations that warrant formal non-academic disciplinary action. A “Good Samaritan” who makes a call to obtain medical assistance for an intoxicated student also will not face formal non-academic disciplinary action, provided that they have committed no violation other than the possession or use of alcohol or other drugs. Under some circumstances, the University may reserve the right to require assessment, education, or treatment services.

Administration of Policy

This policy will be distributed annually to all students taking one or more classes for any type of academic credit except for continuing education units. This policy will be reviewed by the University on a regular basis to determine its effectiveness and implement changes if they are needed, and to ensure that sanctions of student conduct are consistently enforced.

Appendix B

Alcohol Consumption and Related Problems among Frostburg State University Students: *Latest Findings and Recommendations for Action*

Fall 2019

Amelia Arria, PhD[1]
David Jernigan, PhD[2]
Malinda Kennedy, ScD[1]
Ayelet Hines, BA[3]
Molly Mitchell, JD[3]

[1]University of Maryland School of Public Health; [2]Boston University School of Public Health; [3]Johns Hopkins Bloomberg School of Public Health

THE MARYLAND COLLABORATIVE
TO REDUCE COLLEGE DRINKING AND RELATED PROBLEMS

For more information, please contact Amelia Arria at aarria@umd.edu or (301) 405-9795

Excessive Drinking: A National Snapshot

Excessive Drinking

underage drinking *and* binge drinking

any drinking by people younger than age 21 is considered excessive

most common form of excessive drinking

Binge Drinking

5+ drinks
on one occasion
for males

4+ drinks
on one occasion
for females and transgender people

35%
college students
during the past month[1]

High Intensity Drinking

10+ drinks
on one occasion

1 in 10
college students
during the past two weeks[2]

[1]*Substance Abuse and Mental Health Services Administration. (2018). Results from the 2017 National Survey on Drug Use and Health: Detailed tables. Rockville, MD: US Department of Health and Human Services, Office of Applied Studies.*

[2]*Schulenberg, J. E., Johnston, L. D., O'Malley, P. M., Bachman, J. G., Miech, R. A., & Patrick, M. E. (2019). Monitoring the Future: National survey results on drug use, 1975–2018: Volume 2, college students and adults ages 19–55. Ann Arbor, MI: Institute for Social Research, The University of Michigan.*

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Section A

Trends in Alcohol Use:

Overall MD-CAS Sample, 2014-2019

Definitions of Alcohol Risk Groups in the MD-CAS

LOW RISK
Students who ***did not drink*** during the past year (including lifetime abstainers)

MODERATE RISK
Drank during the past year, but ***did not binge drink**** during the past month

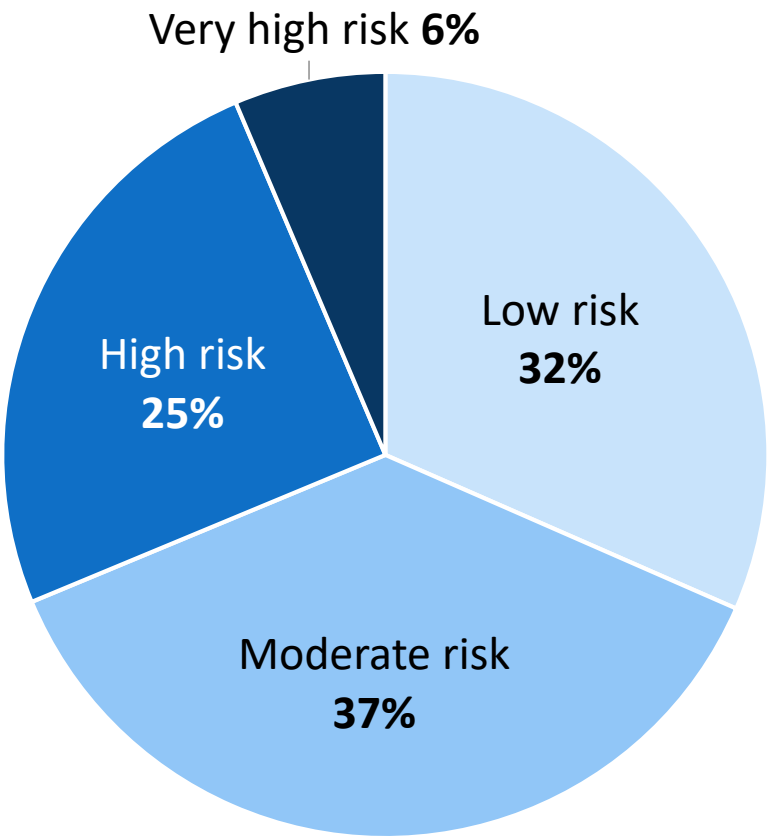
HIGH RISK
Binge drinking one to four times during the past month

VERY HIGH RISK
Binge drinking five or more times during the past month

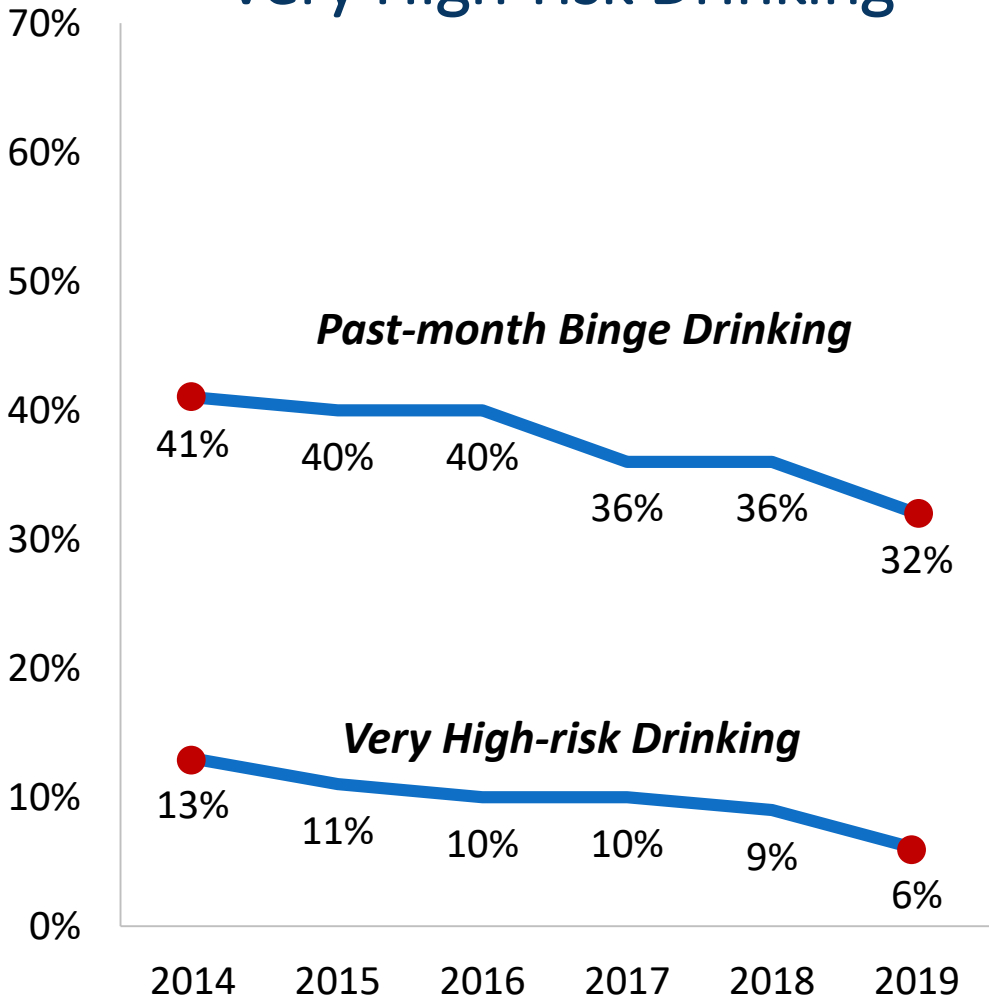
**Binge drinking* is defined as consuming 5 or more drinks for males/4 or more for females and transgender people on the same occasion (i.e., in a row or within a few hours) on at least one day during the past 30 days.*

Overall MD-CAS Sample (2019 *N*=3,138)

Alcohol Risk Groups, 2019



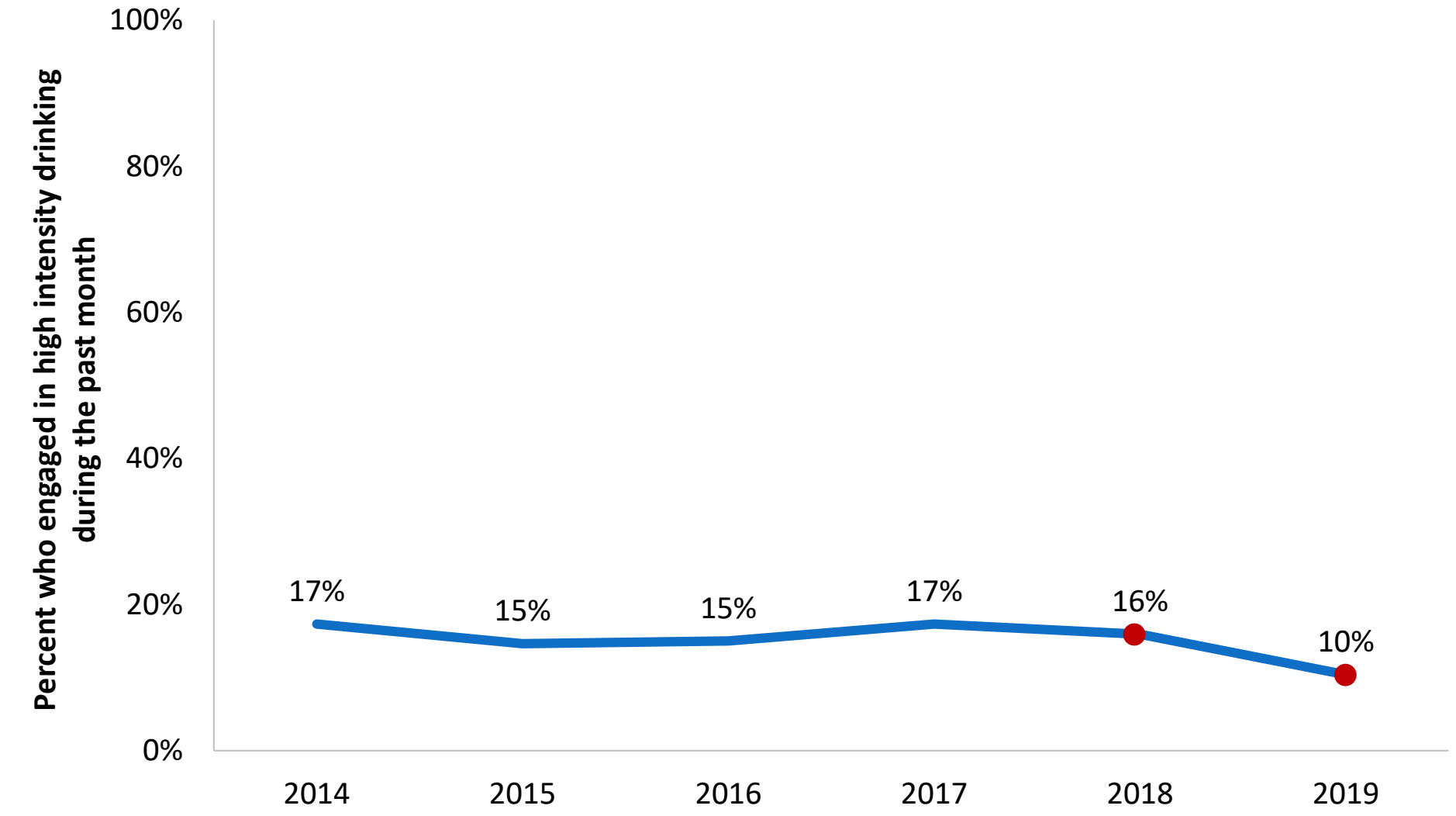
Trends in Binge and Very High-risk Drinking



● *Statistically significant change between the years indicated by the red dots. p=.05 was used as the threshold for statistical significance.*

Overall MD-CAS Sample, 2014-2019

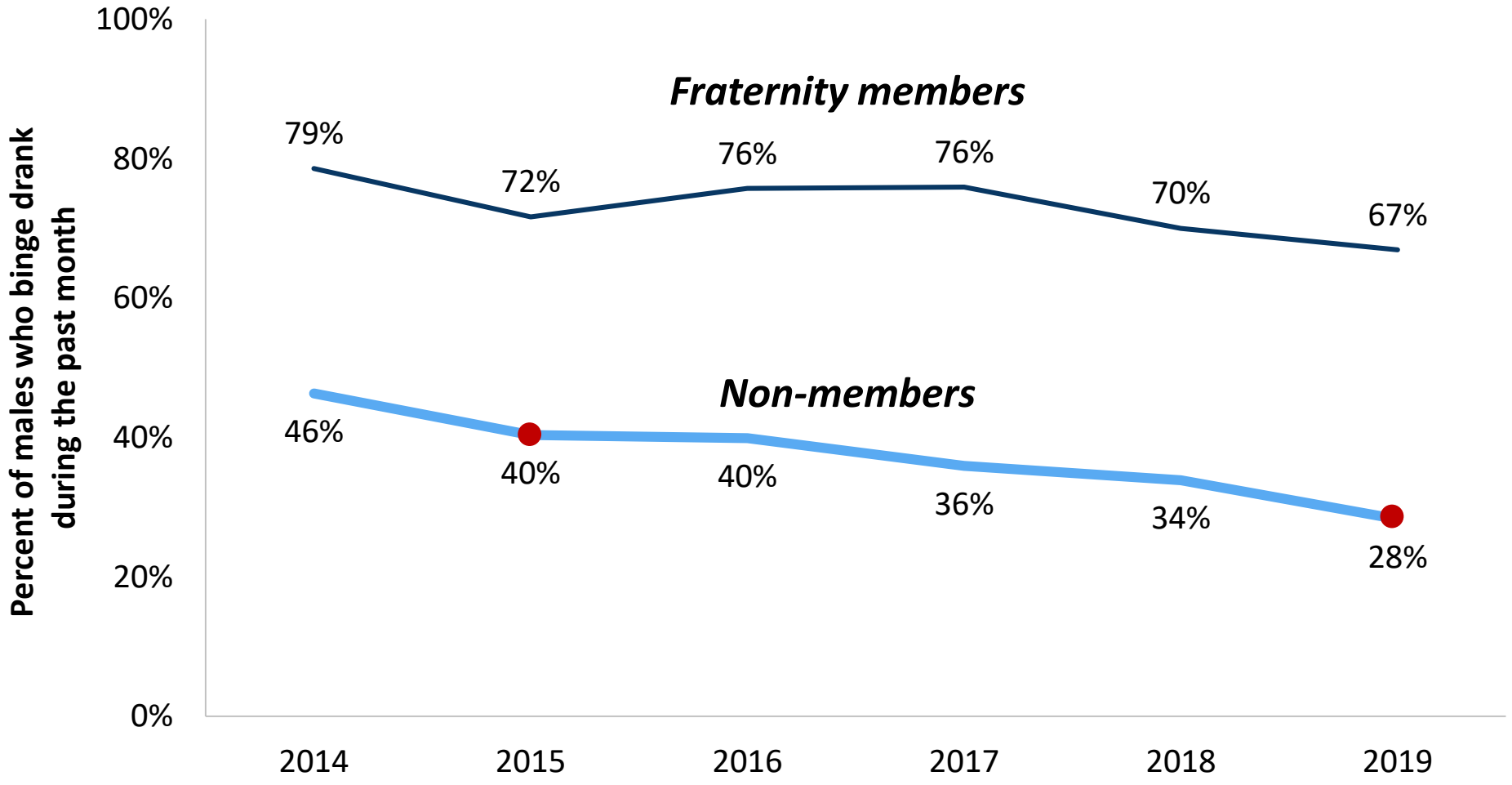
High Intensity Drinking during the Past Month among Past-month Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2019

Past-month Binge Drinking among Males, by Fraternity Membership*



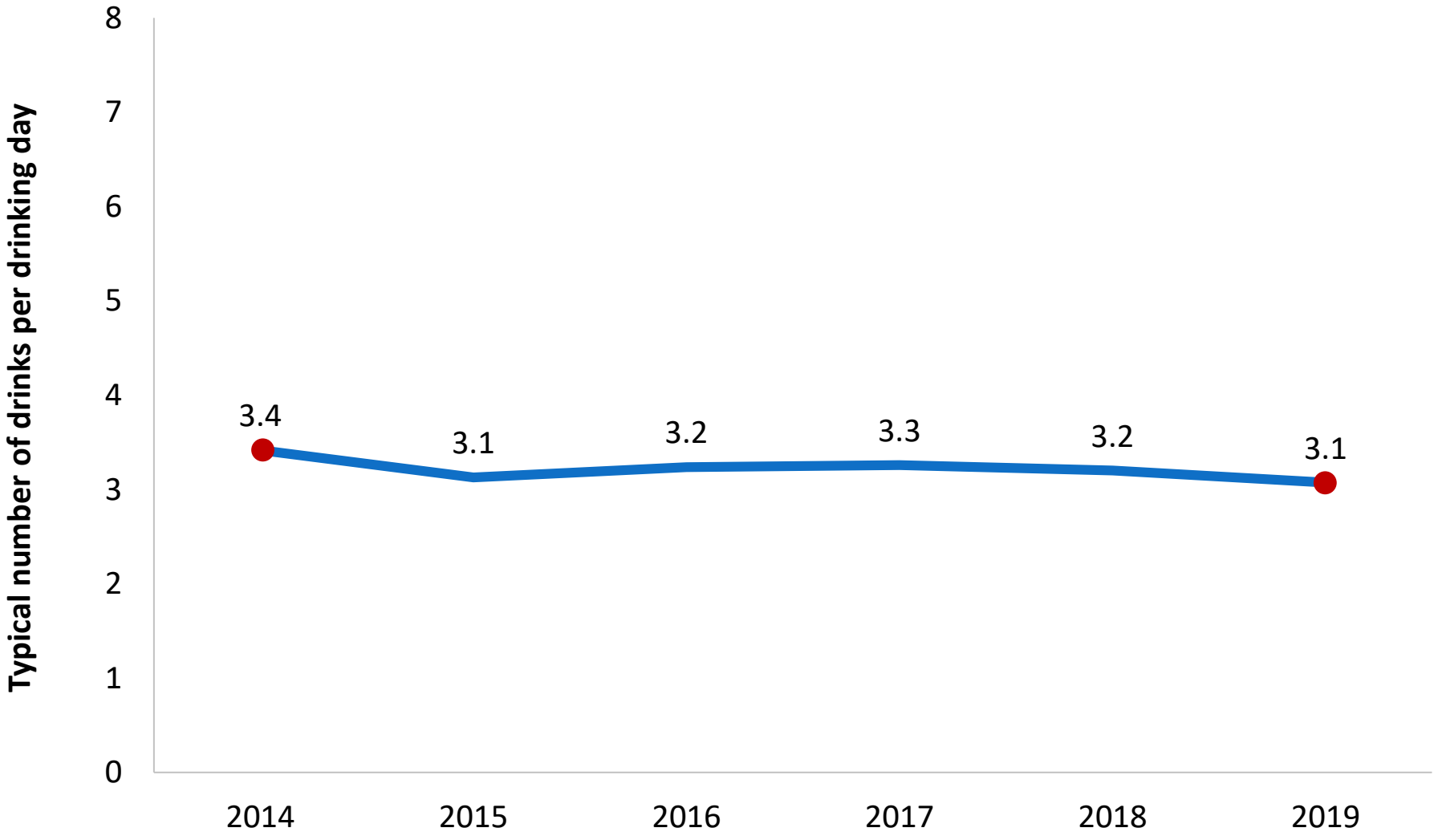
*Among males at schools with fraternities, regardless of their level of alcohol use.

● Statistically significant change between the years indicated by the asterisks.

Note: Number of fraternity members ranged from 74 (2019) to 168 (2014).

Overall MD-CAS Sample, 2014-2019

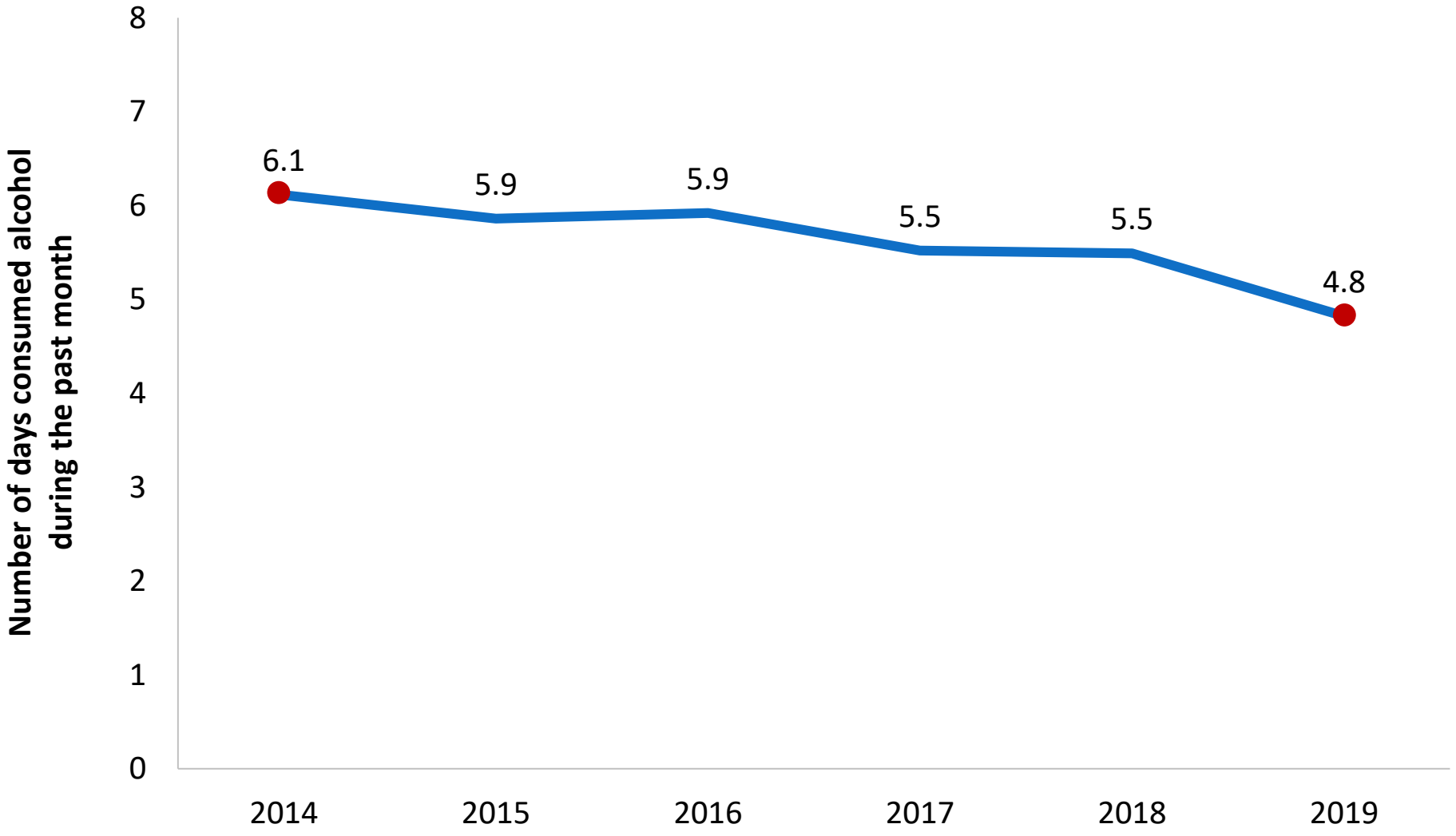
Typical Number of Drinks per Drinking Day among Past-month Drinkers



● *Statistically significant change between the years indicated by the red dots.*

Overall MD-CAS Sample, 2014-2019

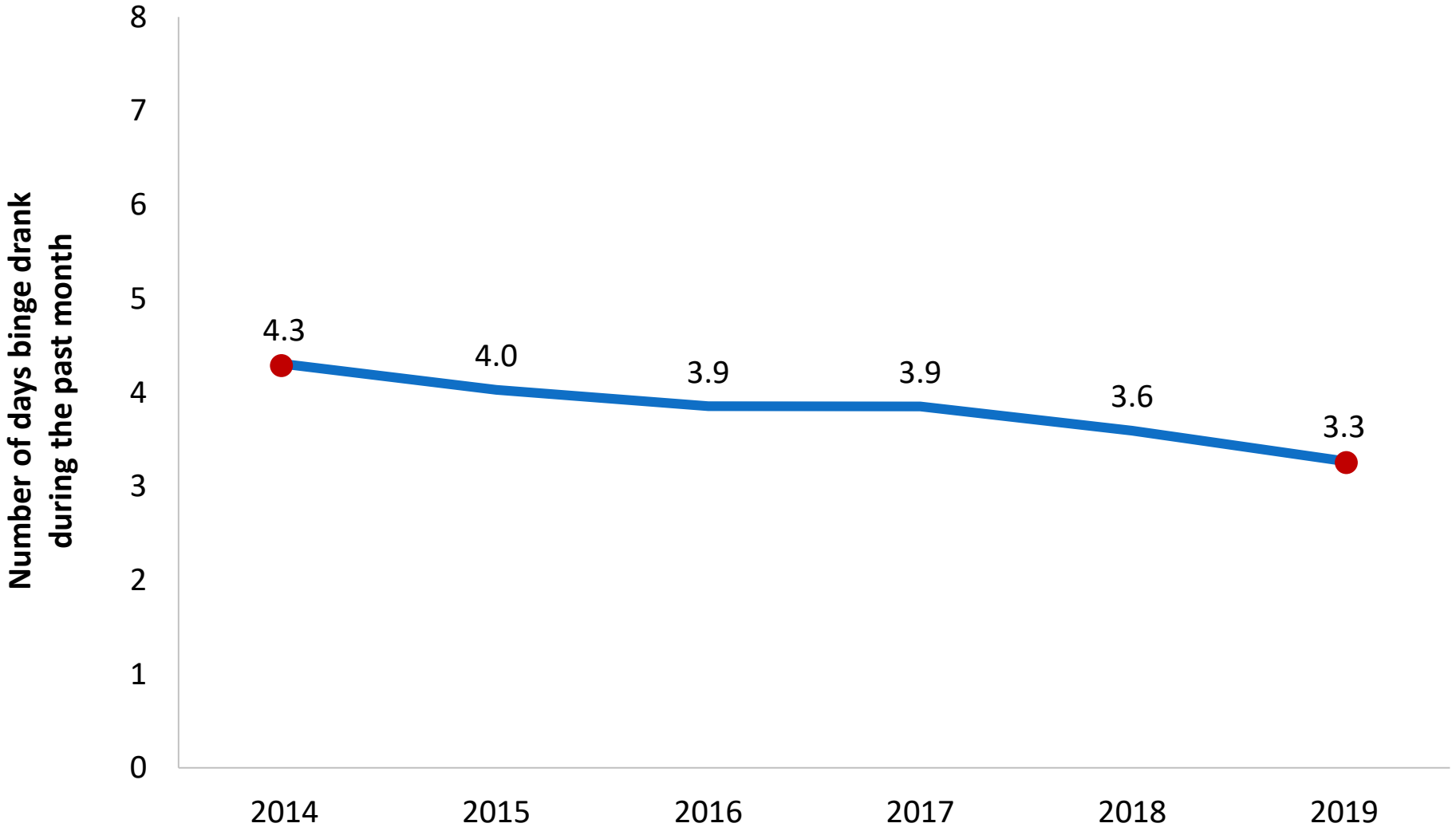
How Often Students Drink among Past-month Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2019

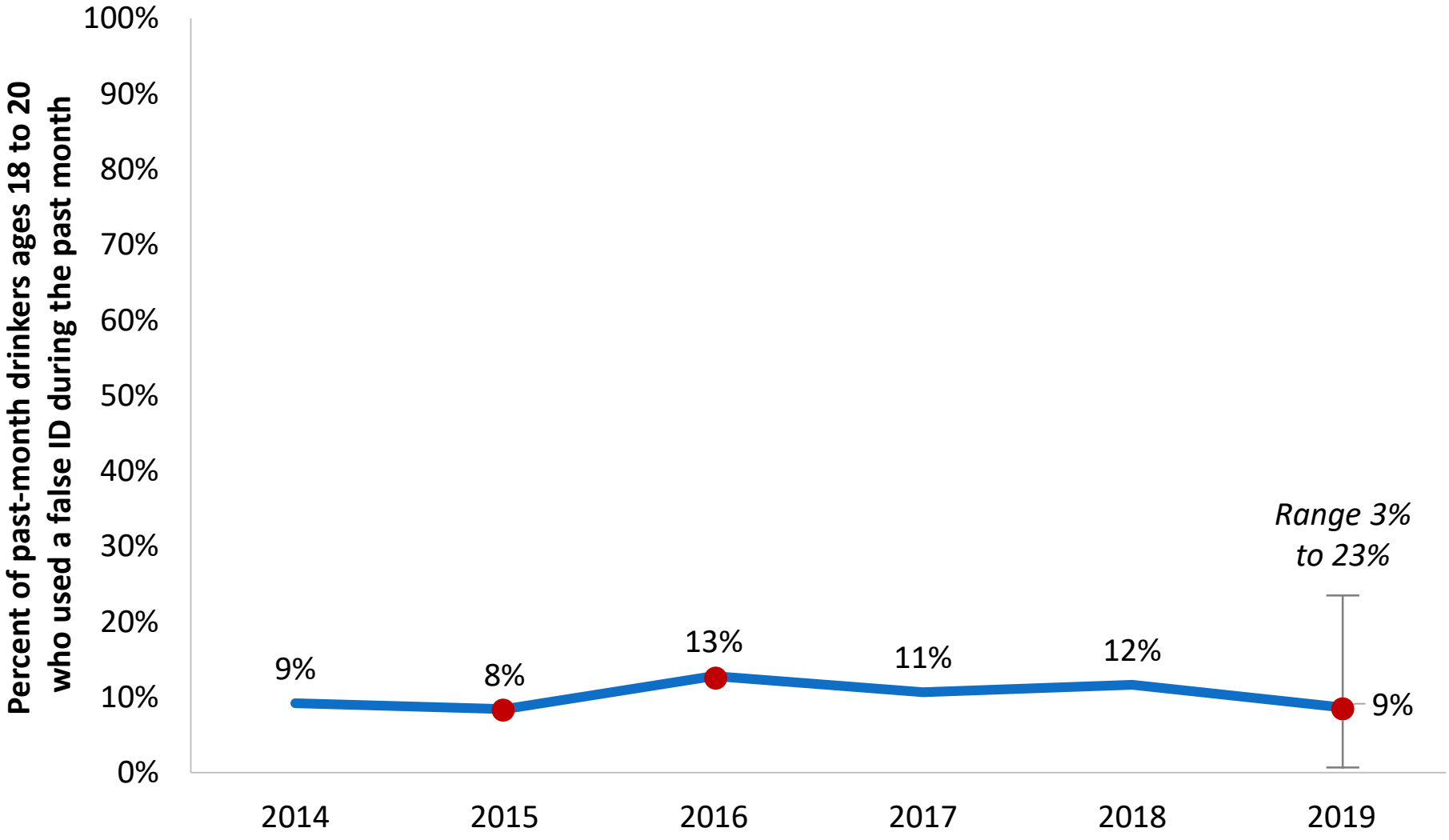
How Often Students Binge Drink among Past-month Binge Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2019

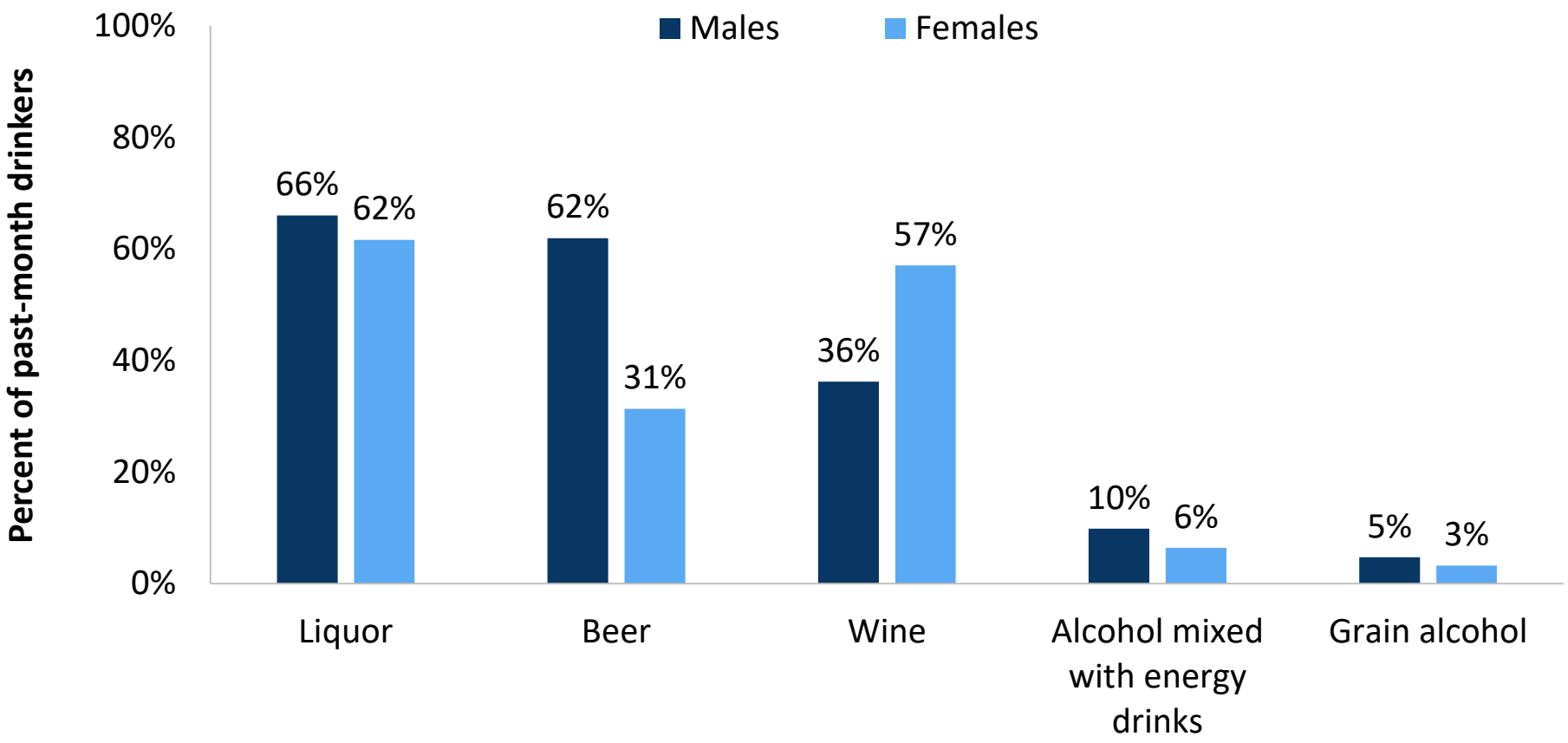
False ID Use among Past-month Drinkers Ages 18 to 20



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2019

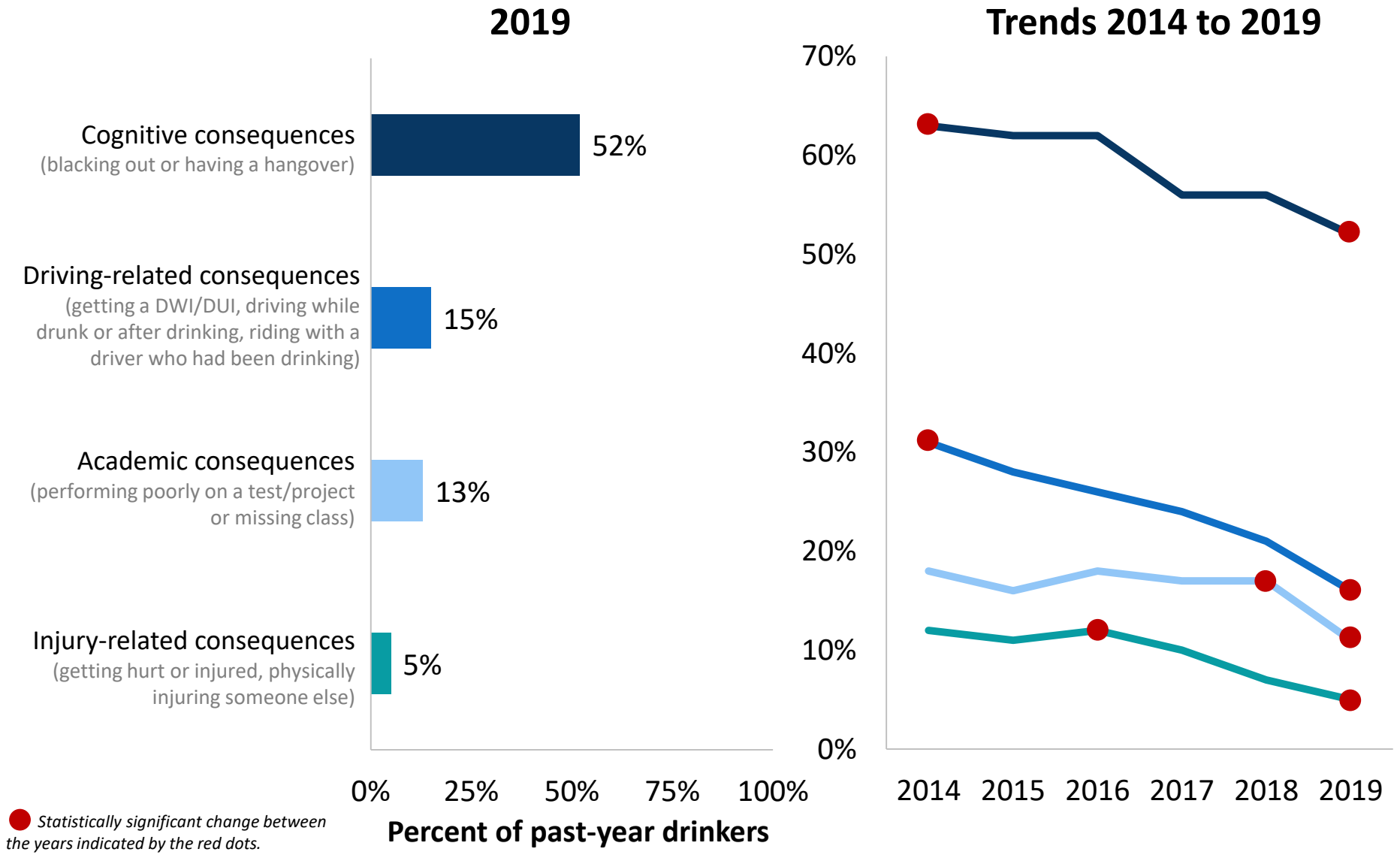
Types of Alcohol Consumed by Past-month Drinkers



	Liquor	Beer	Wine	Alcohol mixed with energy drinks	Grain alcohol
Trends 2014 to 2019:	Significant decrease	Significant decrease	Stable	Significant decrease	Significant decrease

Overall MD-CAS Sample, 2014-2019

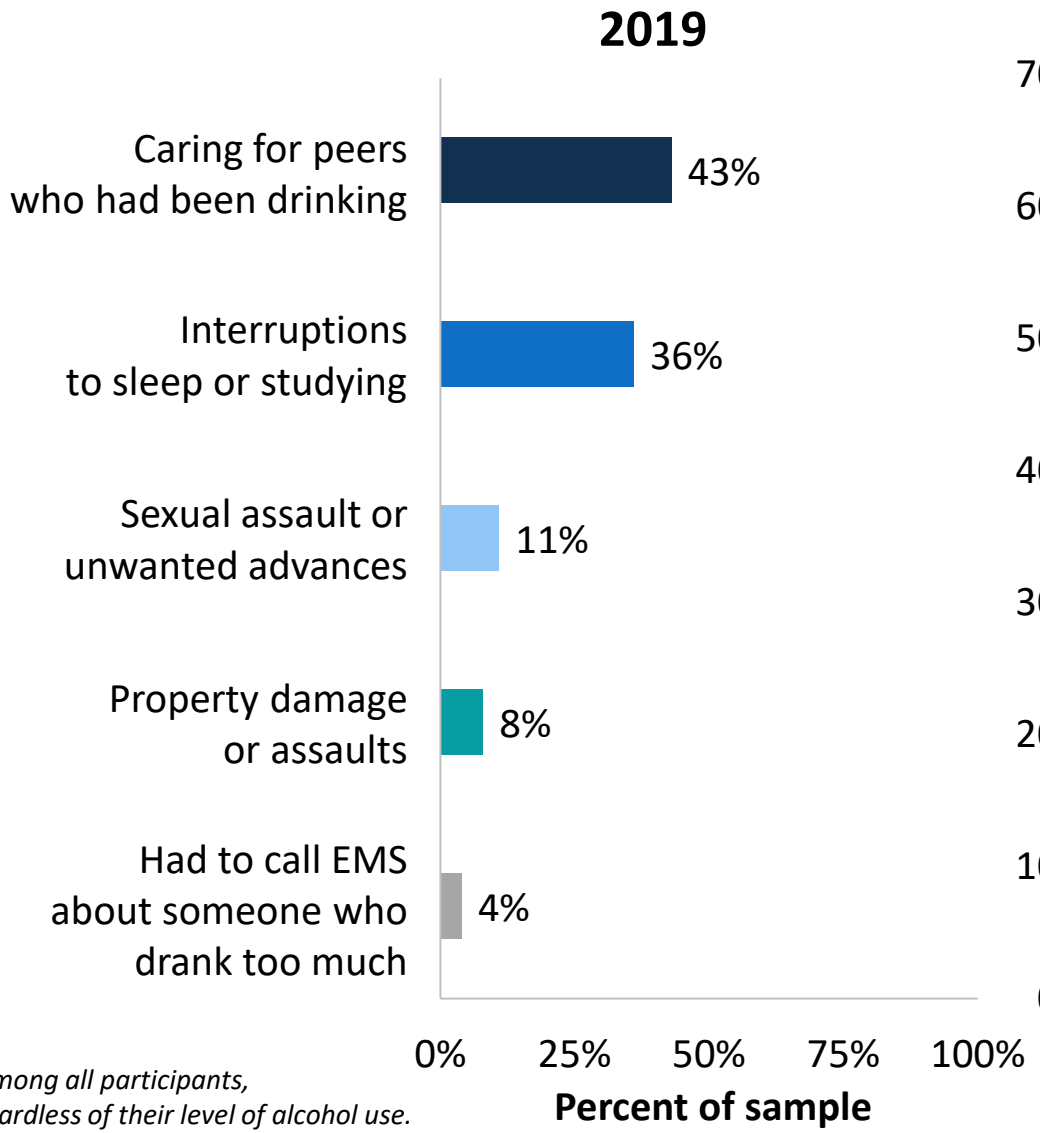
Consequences of Alcohol Use among Past-year Drinkers

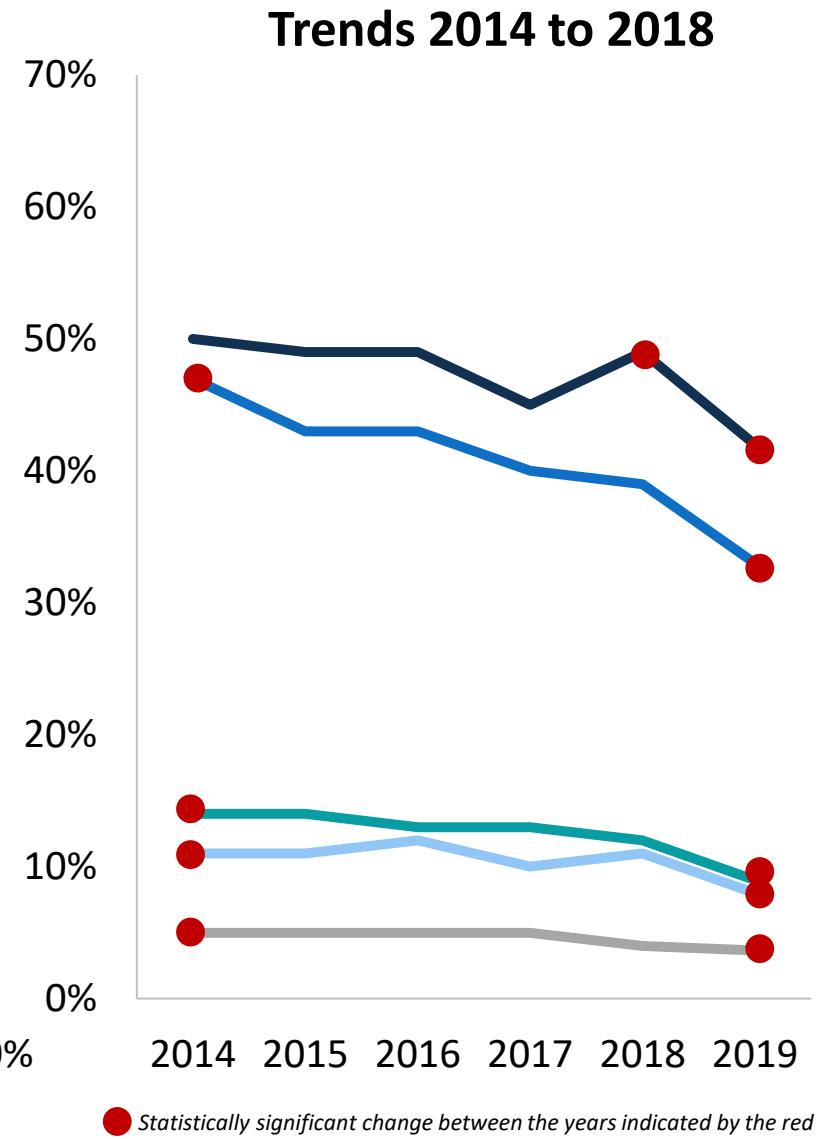


Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2019*

Harms Experienced as a Result of Someone Else's Alcohol Use



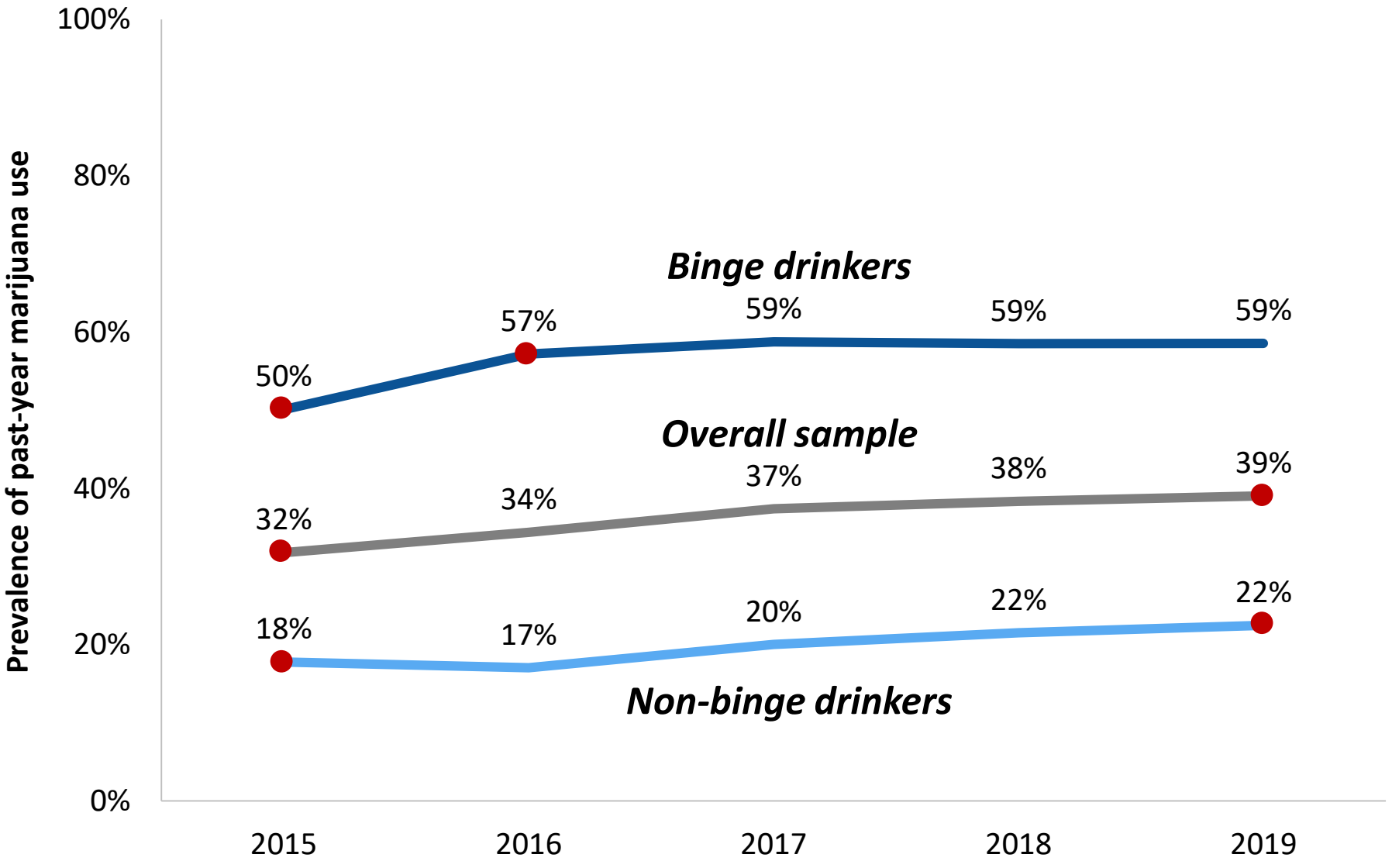


*Among all participants, regardless of their level of alcohol use.

Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2015-2019

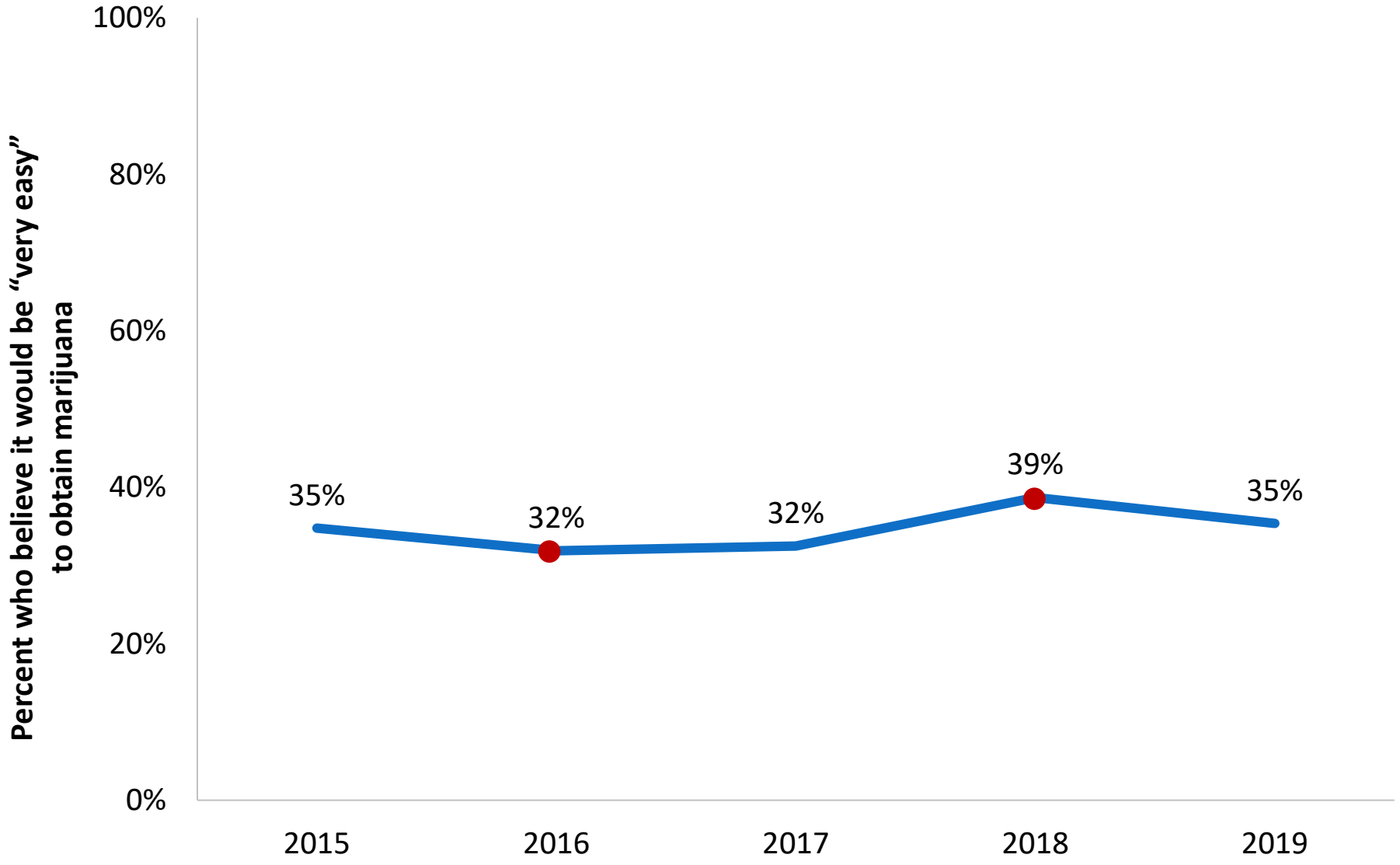
Past-year Marijuana Use



● *Statistically significant change between the years indicated by the red dots.*

Overall MD-CAS Sample, 2015-2019

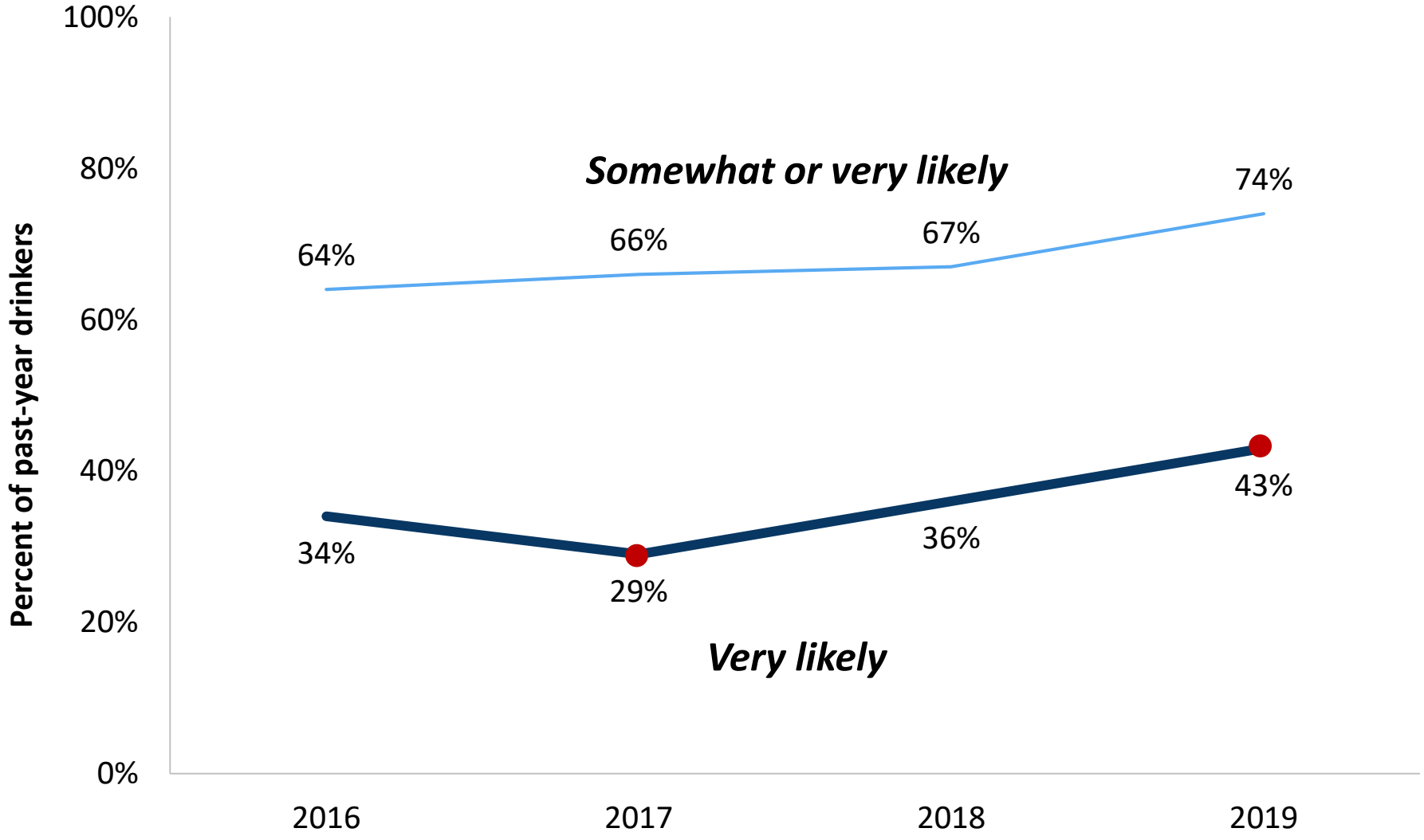
Percent Who Say it Would Be "Very Easy" to Obtain Marijuana



● *Statistically significant change between the years indicated by the red dots.*

Overall MD-CAS Sample, 2016-2019*

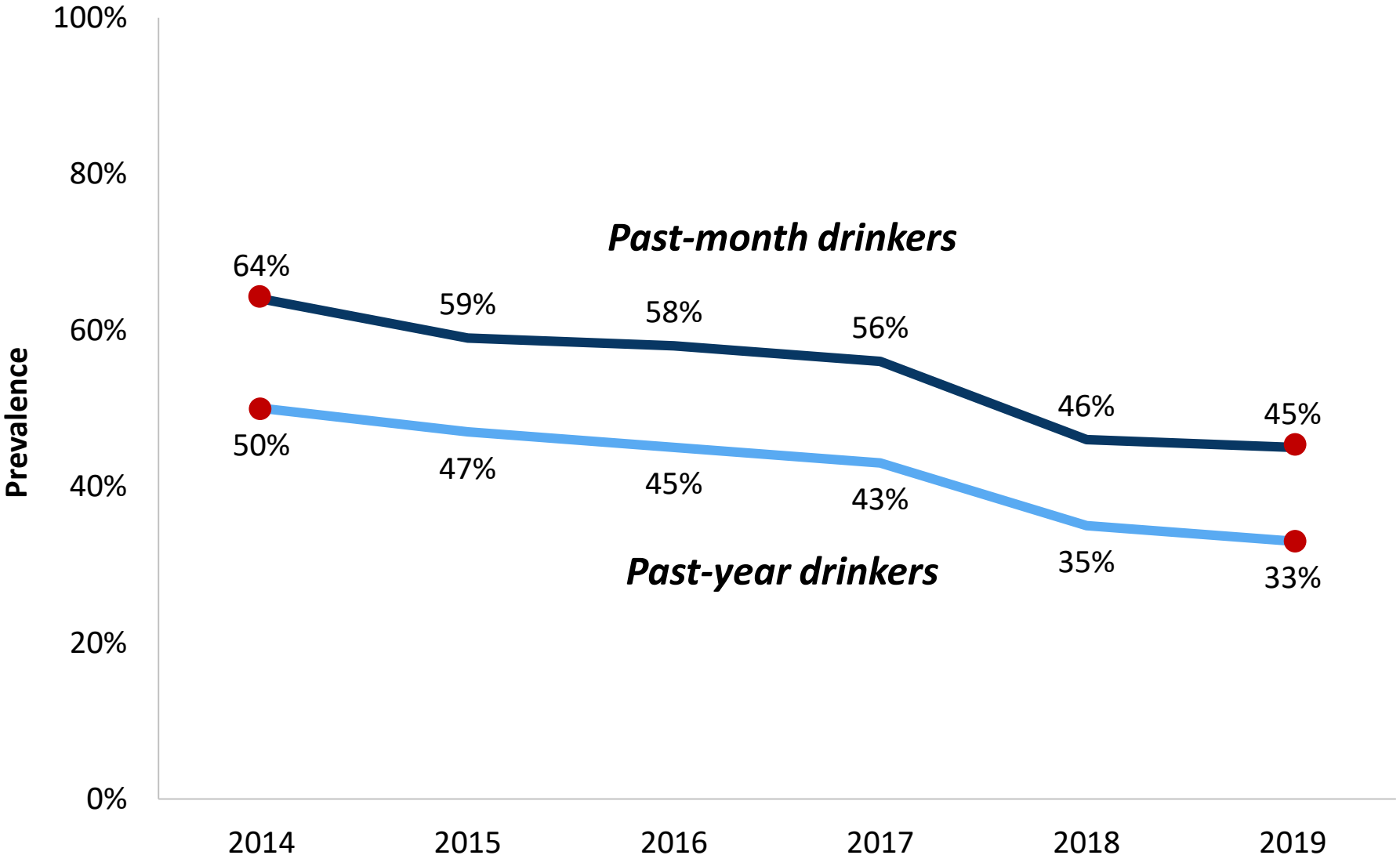
Perceived Likelihood of Party Host Receiving a Citation When Police Respond to a Party with Underage Drinking



*Among past-year drinkers. ● Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2019

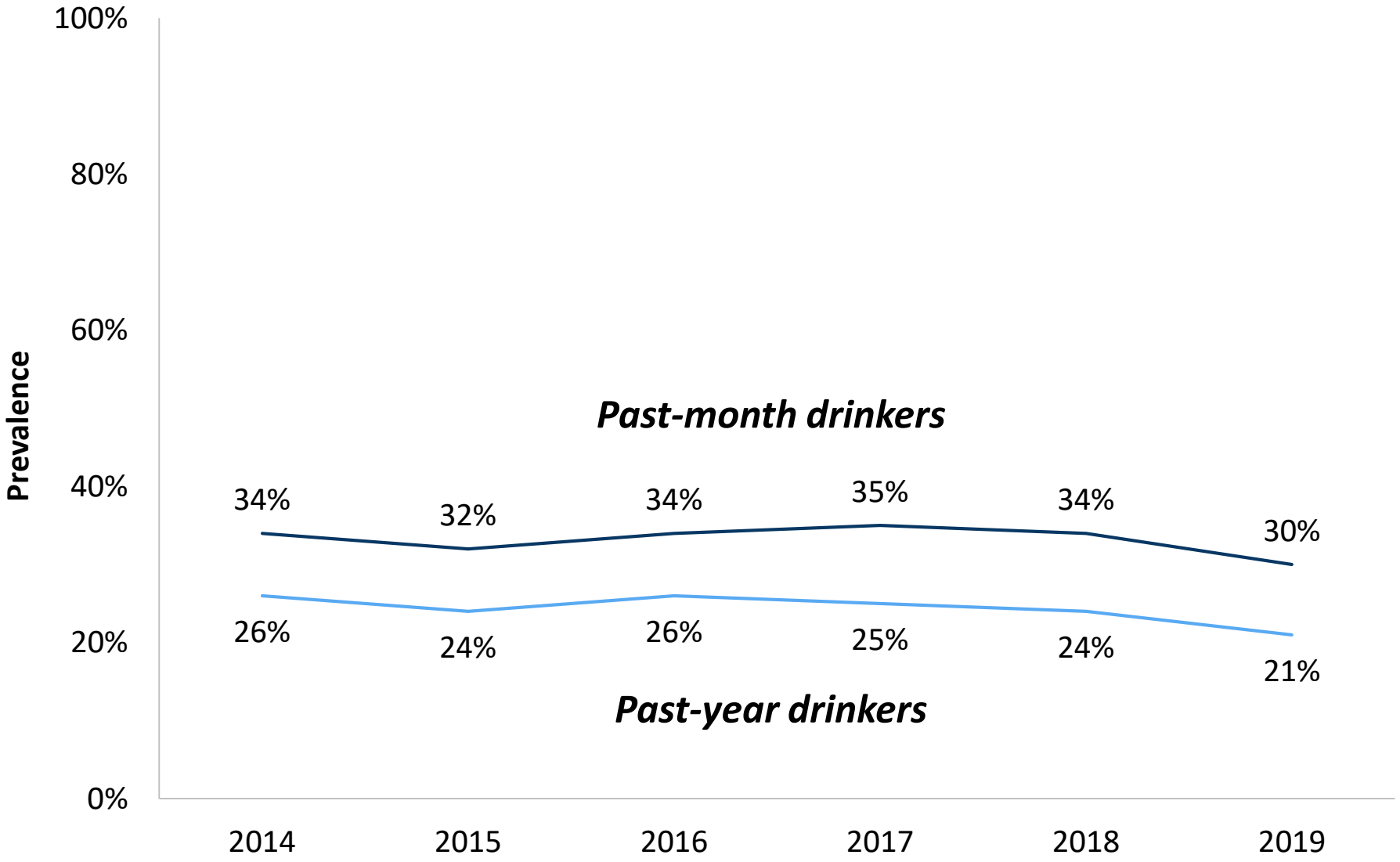
Trends in Drinking at Off-campus Parties



● *Statistically significant change between the years indicated by the red dots.*

Overall MD-CAS Sample, 2014-2019

Trends in Drinking in Residence Halls

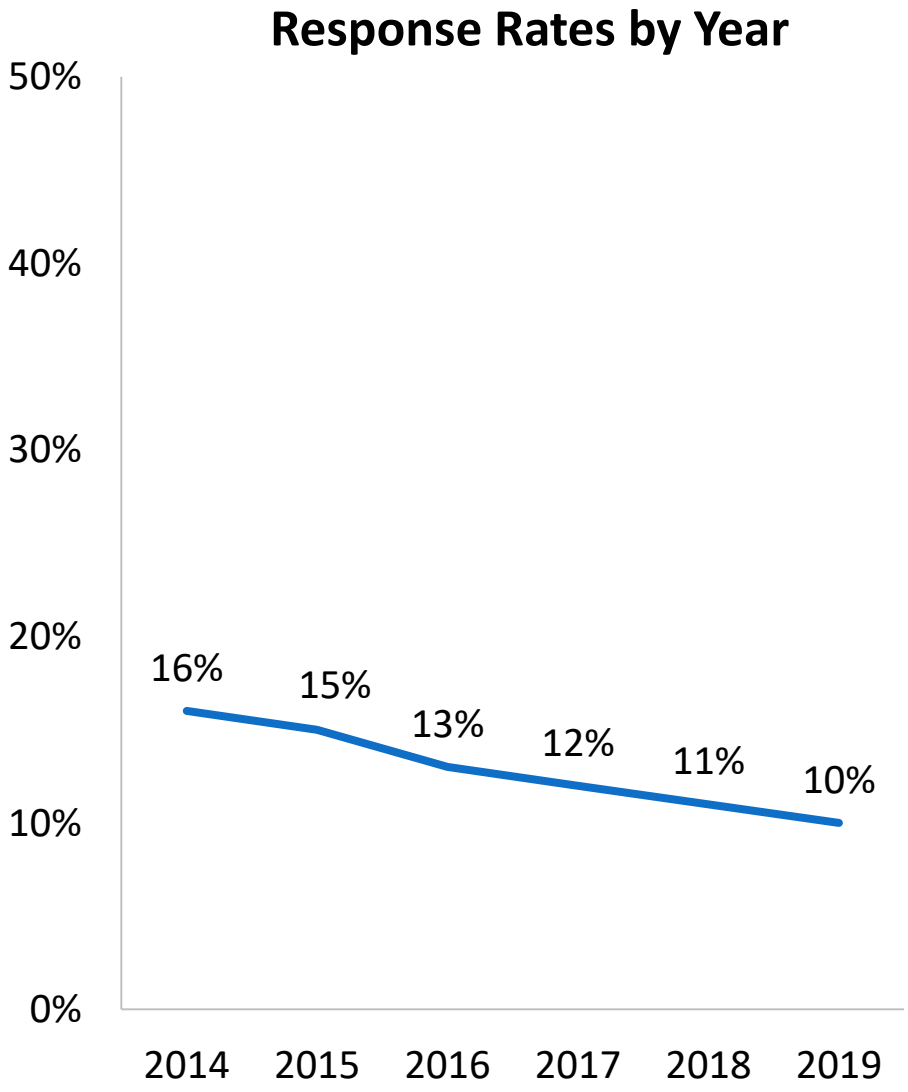


Note: Stable 2014 to 2019; no significant changes.

Section B
Maryland College Alcohol Survey (MD-CAS) Results:
Frostburg State University, 2019

FSU Participation in the MD-CAS

- Partner schools are required to participate in the MD-CAS at least every other year
- 3,138 undergraduate students from ten schools participated in the MD-CAS 2019
- FSU has participated in the MD-CAS annually since 2014
- In 2019, 310 full-time undergraduate FSU students ages 18 to 25 participated (10% response rate)



FSU MD-CAS 2019 Sample Sizes

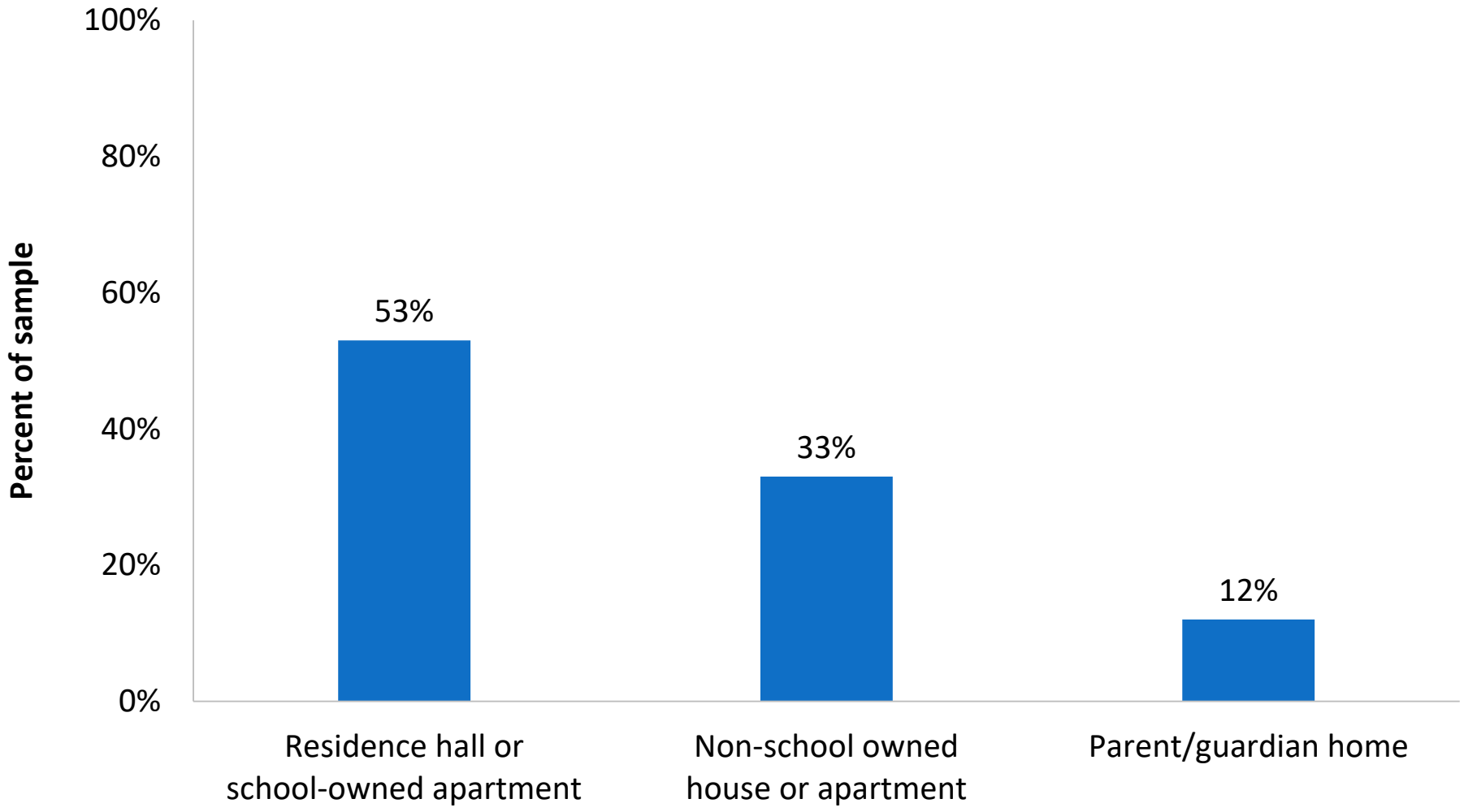
- 70% of the sample were past-year drinkers (*n*=216)
- 54% of the sample were past-month drinkers (*n*=168)
- 34% of the sample were past-month binge drinkers (*n*=103)

Demographic Characteristics of the FSU MD-CAS 2019 Sample Compared with the Overall FSU Student Body

	FSU MD-CAS 2019 Sample	Overall FSU Student Body*
Gender		
Male	32%	53%
Female	68%	47%
Race/ethnicity		
Non-Hispanic White	54%	50%
Non-Hispanic Black/African-American	30%	36%
Asian/Pacific Islander	3%	2%
Hispanic	6%	6%
Other/multiracial	7%	6%
Age		
18 to 21	85%	80%

**National Center for Education Statistics. (2019). Integrated postsecondary education data system. Available at: http://nces.ed.gov/ipeds/*

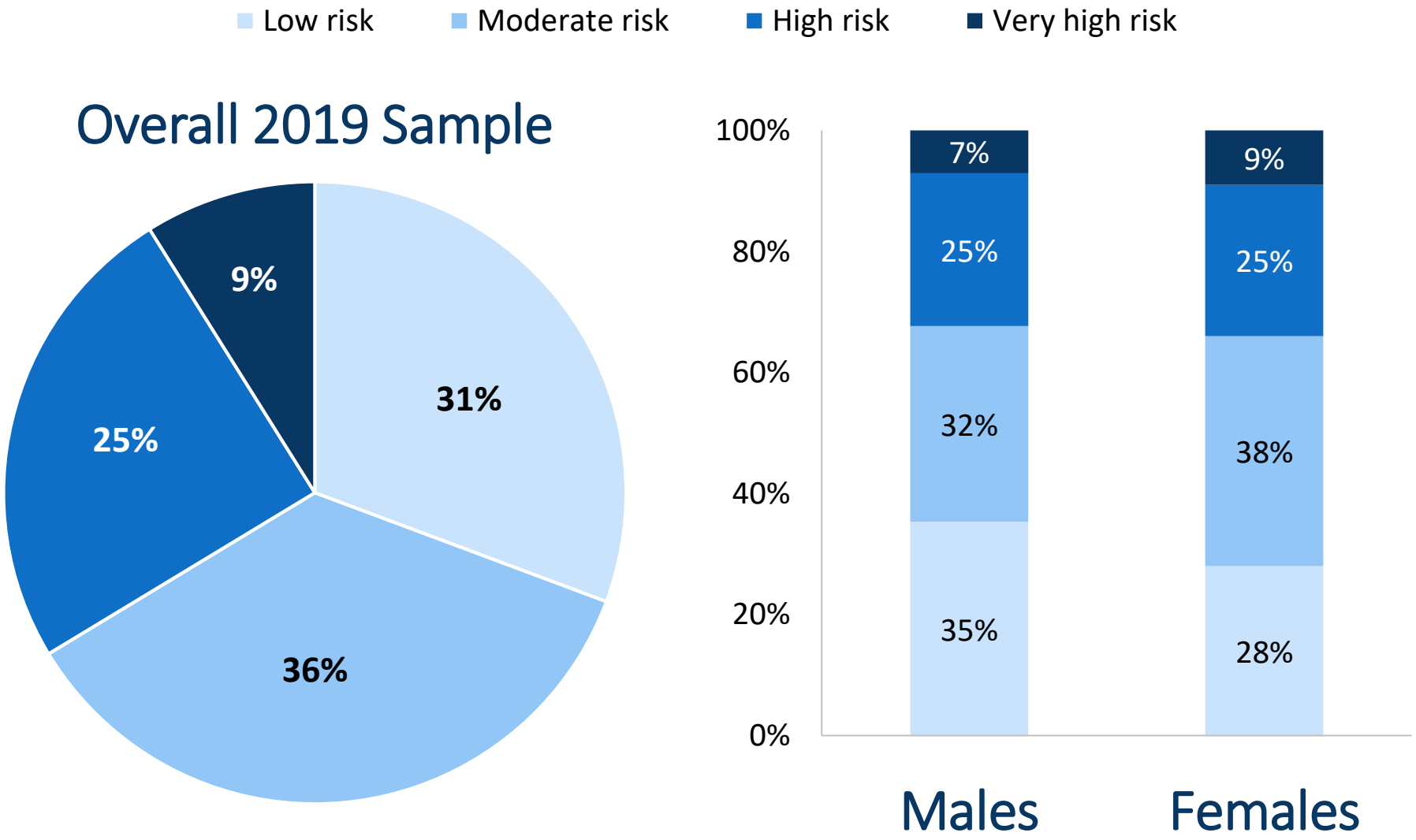
Living Situation of the FSU MD-CAS 2019 Sample



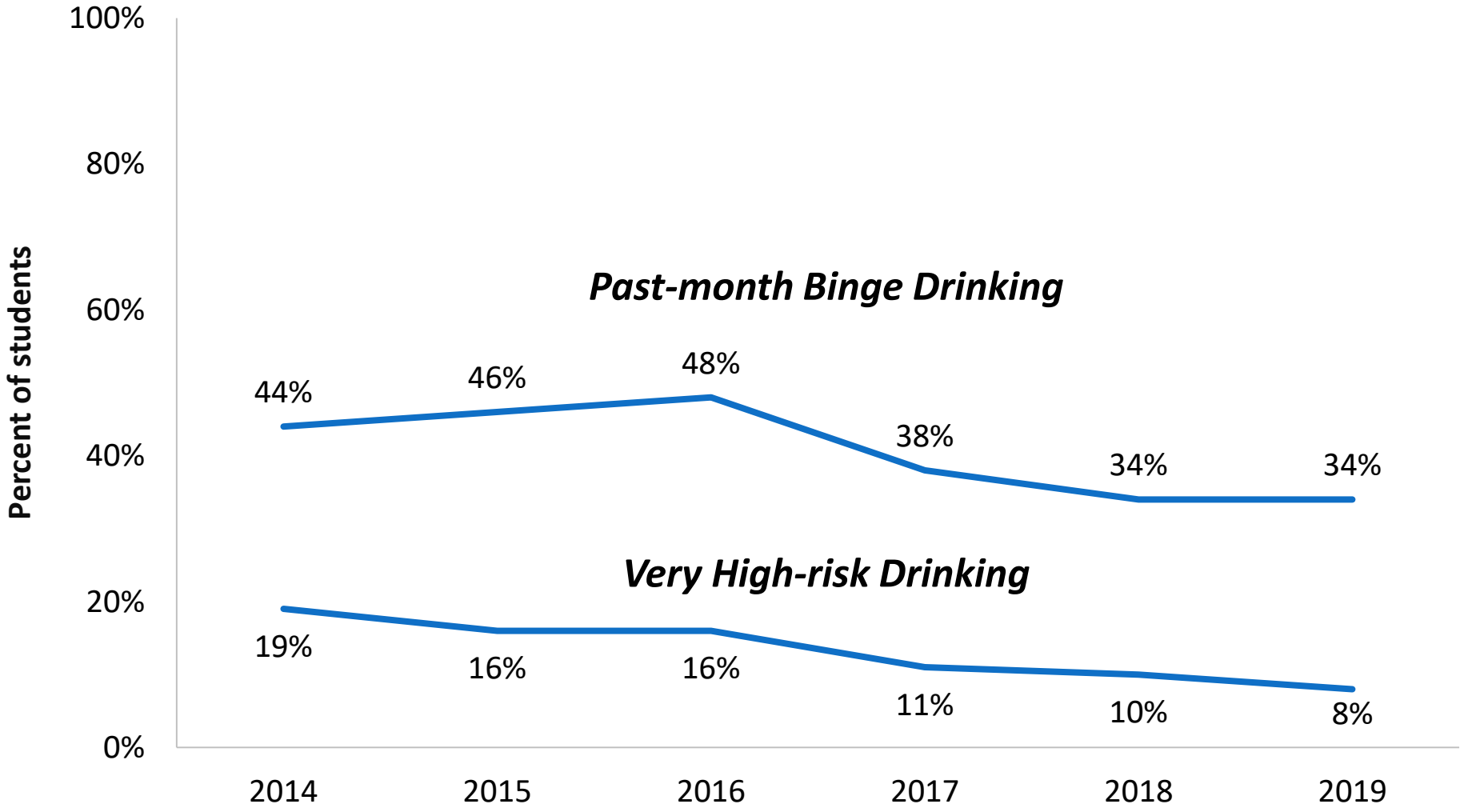
Note: Very few students (1%) said "Fraternity/sorority chapter house" or "Other."

Characterizing Excessive Drinking and Related Problems

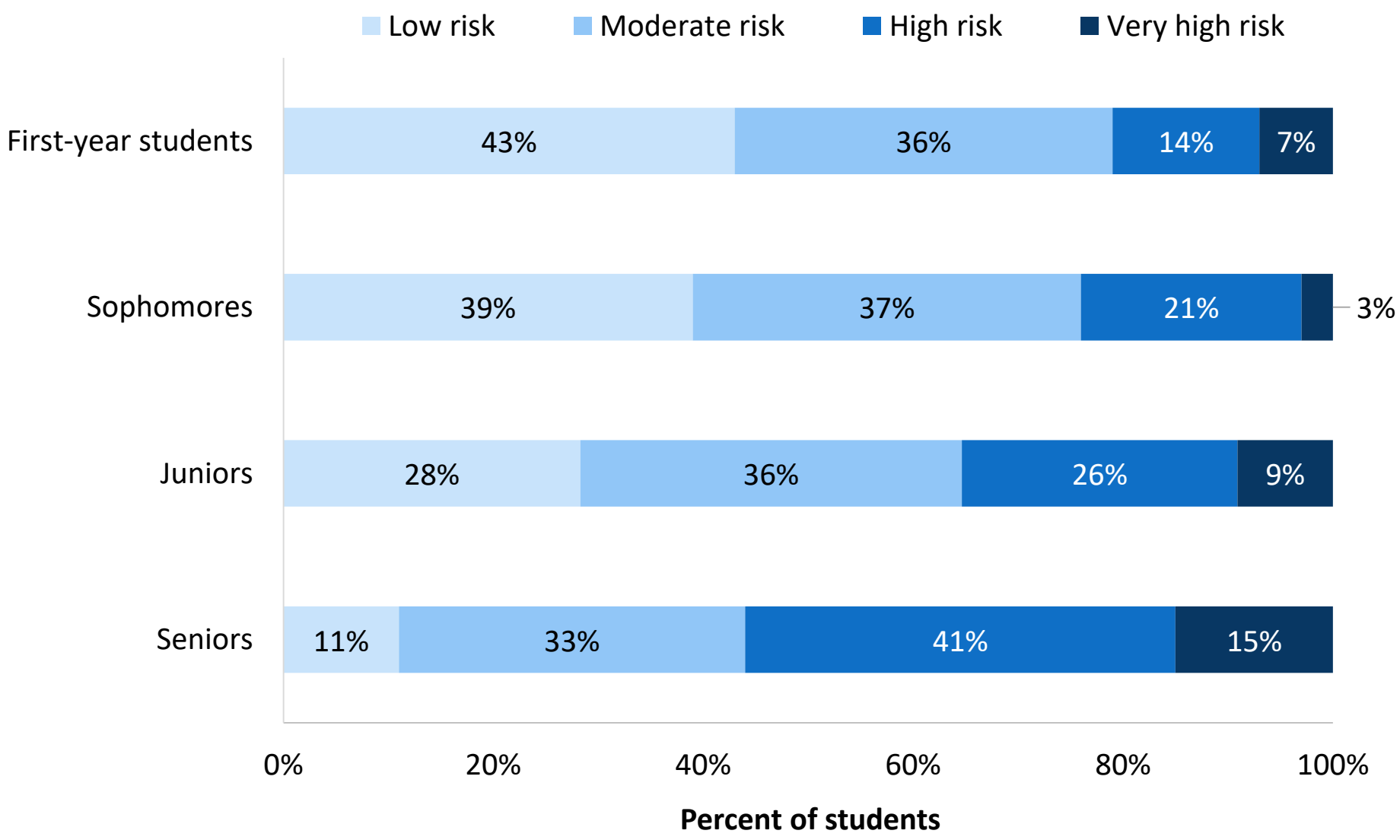
FSU MD-CAS Sample (*n*=304)
Alcohol Risk Groups



FSU MD-CAS Sample (*n*=304)
Trends in Binge and Very High-risk Drinking

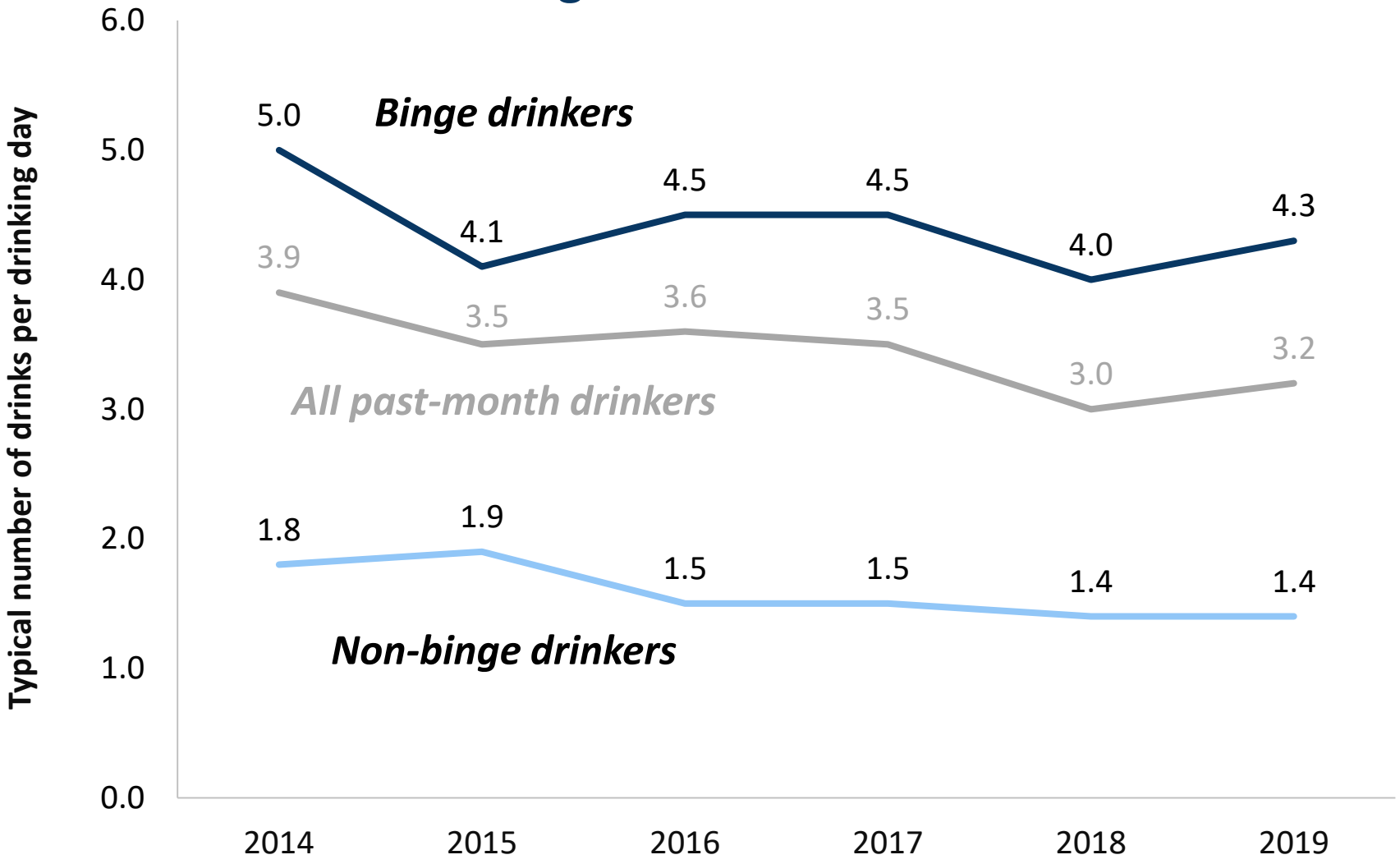


Do Alcohol Risk Groups at FSU Differ by Year in School?



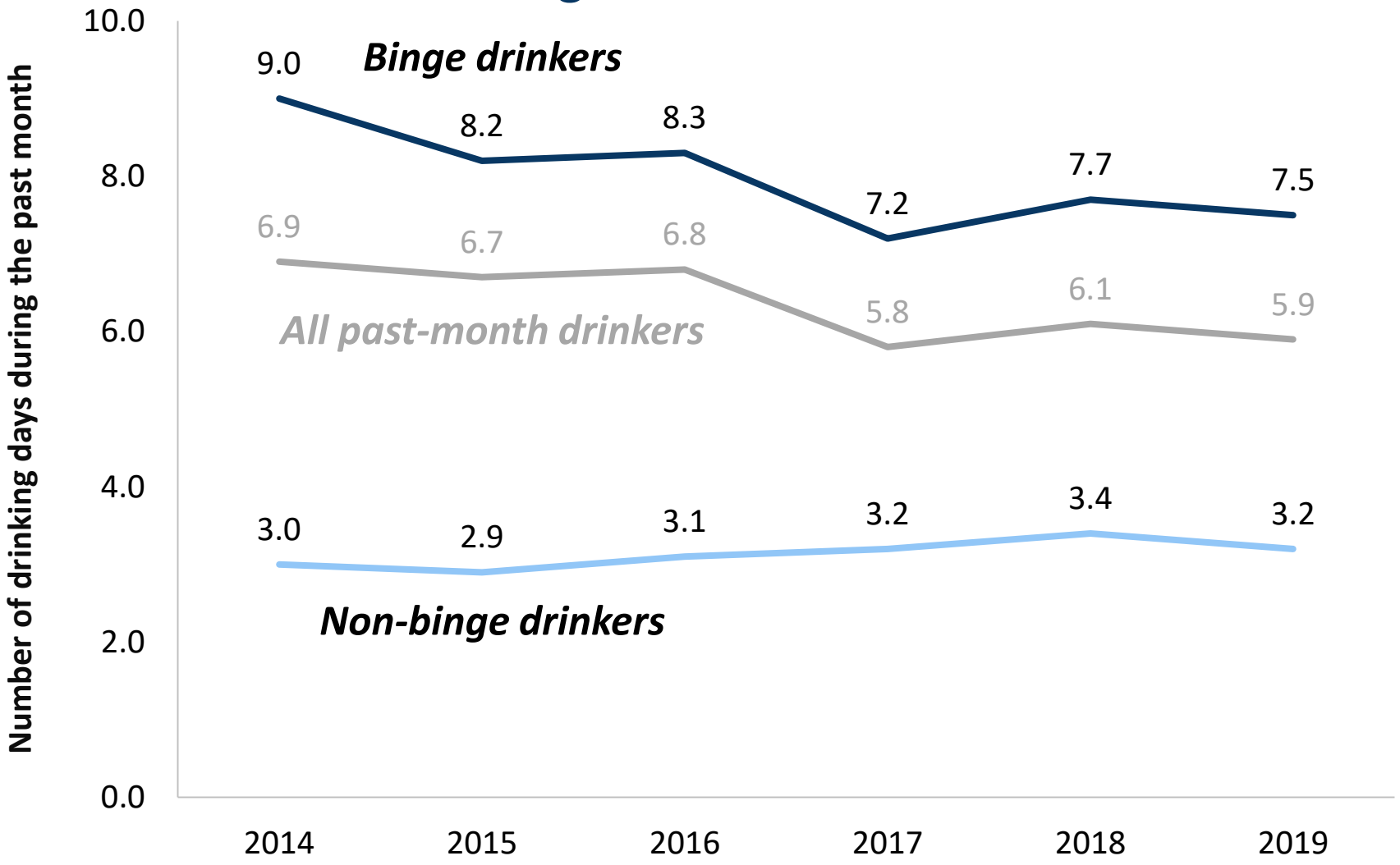
How Much Do FSU Students Drink?

Typical Number of Drinks per Drinking Day among Past-month Drinkers



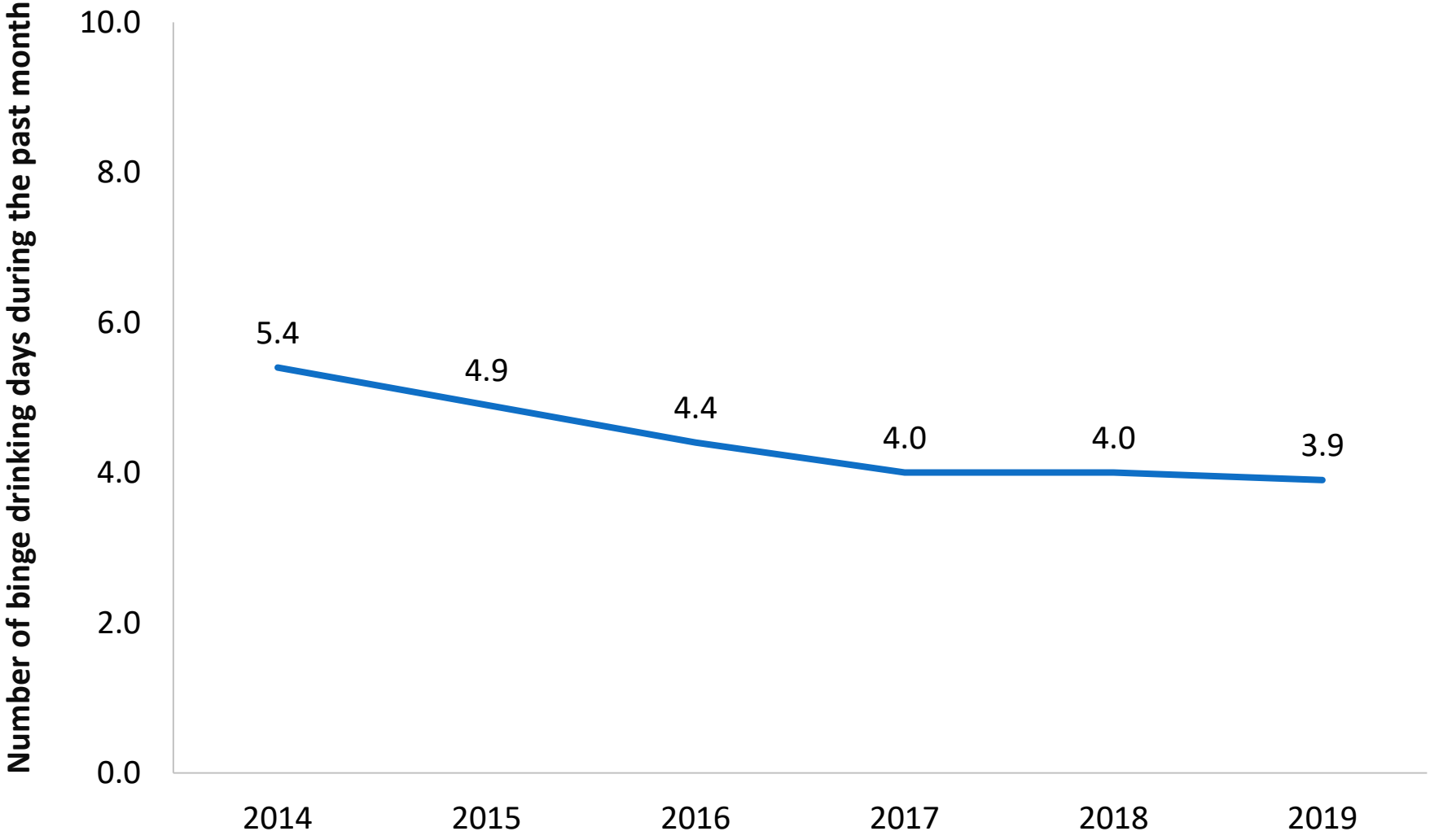
How Often Do FSU Students Drink?

Average Number of Drinking Days during the Past Month among Past-month Drinkers



How Often Do FSU Students Binge Drink?

Average Number of Binge Drinking Days during the Past Month among FSU Past-month Binge Drinkers



High Intensity Drinking

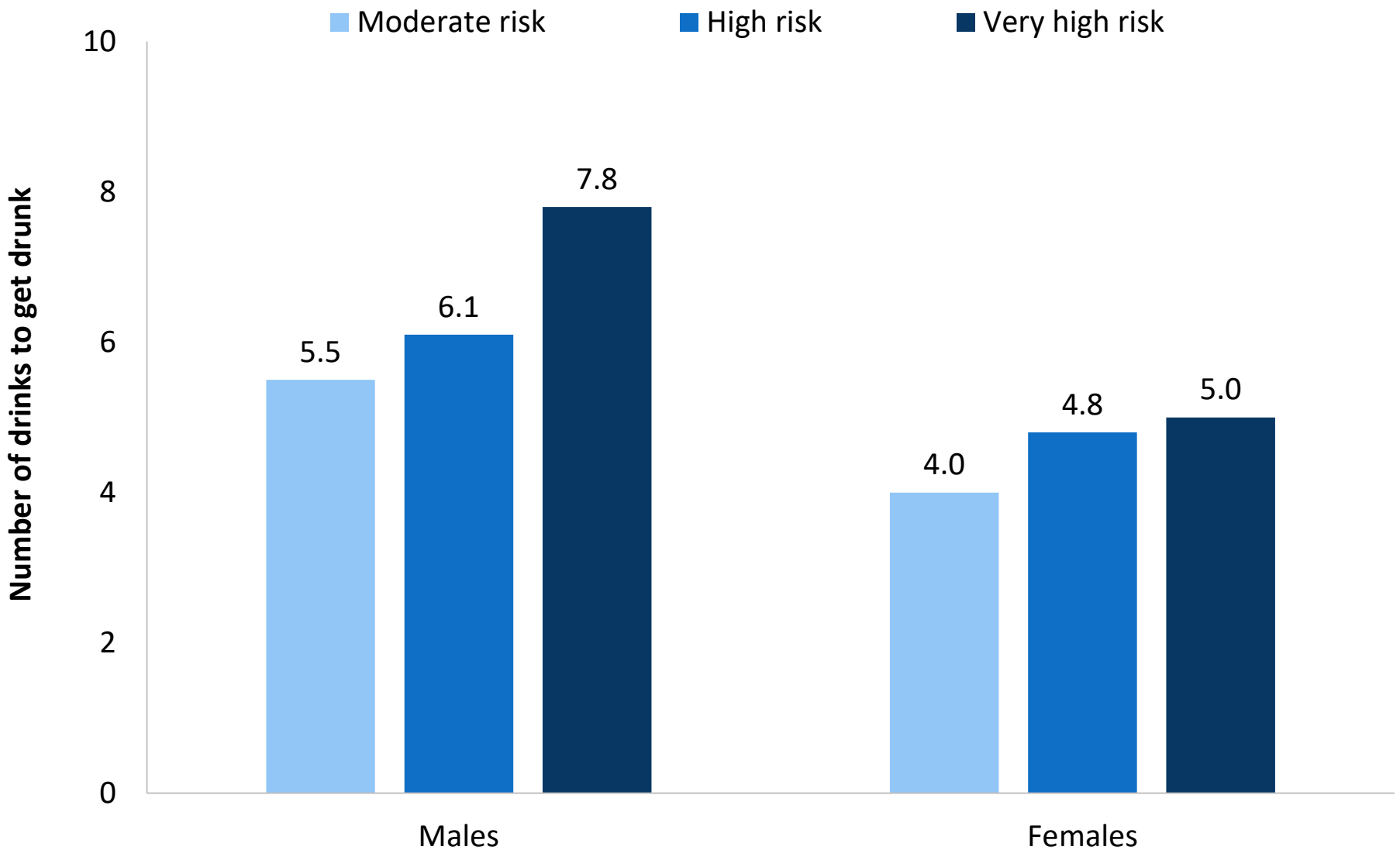
- Alcohol consumption that is at least two times the binge threshold (Hazelden, 2017)
- For the MD-CAS, we define this as drinking 10 or more drinks in a row on a single occasion during the past month

At FSU…

- 9% of all students and 25% of binge drinkers engage in high intensity drinking
- High intensity drinking is more common among male binge drinkers (38%) than female binge drinkers (20%)

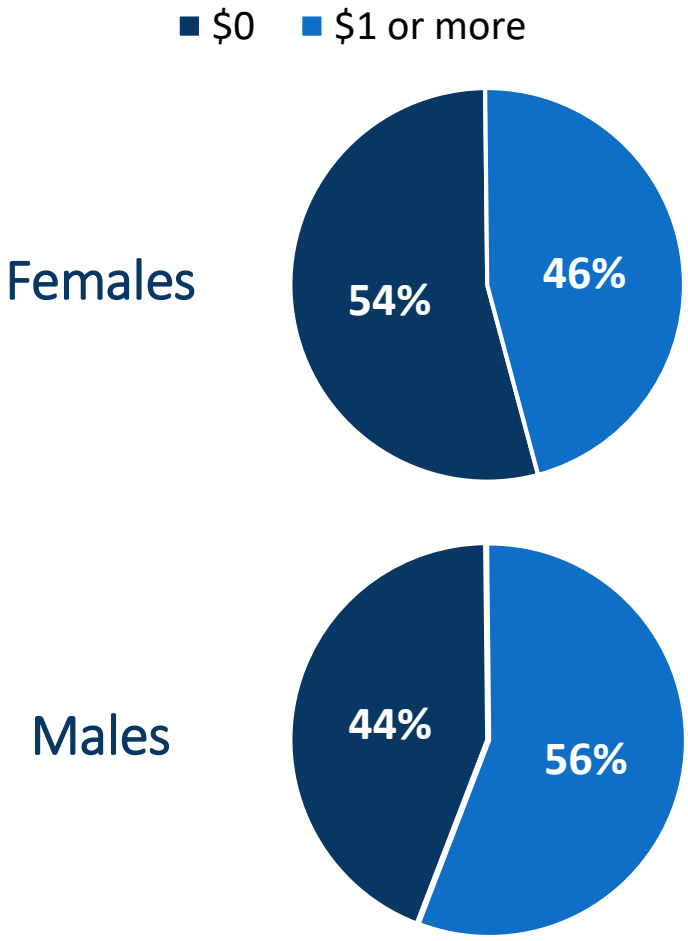
Hazelden Betty Ford Institute for Recovery Advocacy & University of Maryland School of Public Health. (2017). Beyond binging: High-intensity drinking. Emerging Drug Trends Report. Available at: http://www.hazeldenbettyford.org/articles/emerging-drug-trends/high-intensity-drinking

Number of Drinks to Get Drunk among the Overall Sample by Alcohol Risk Group

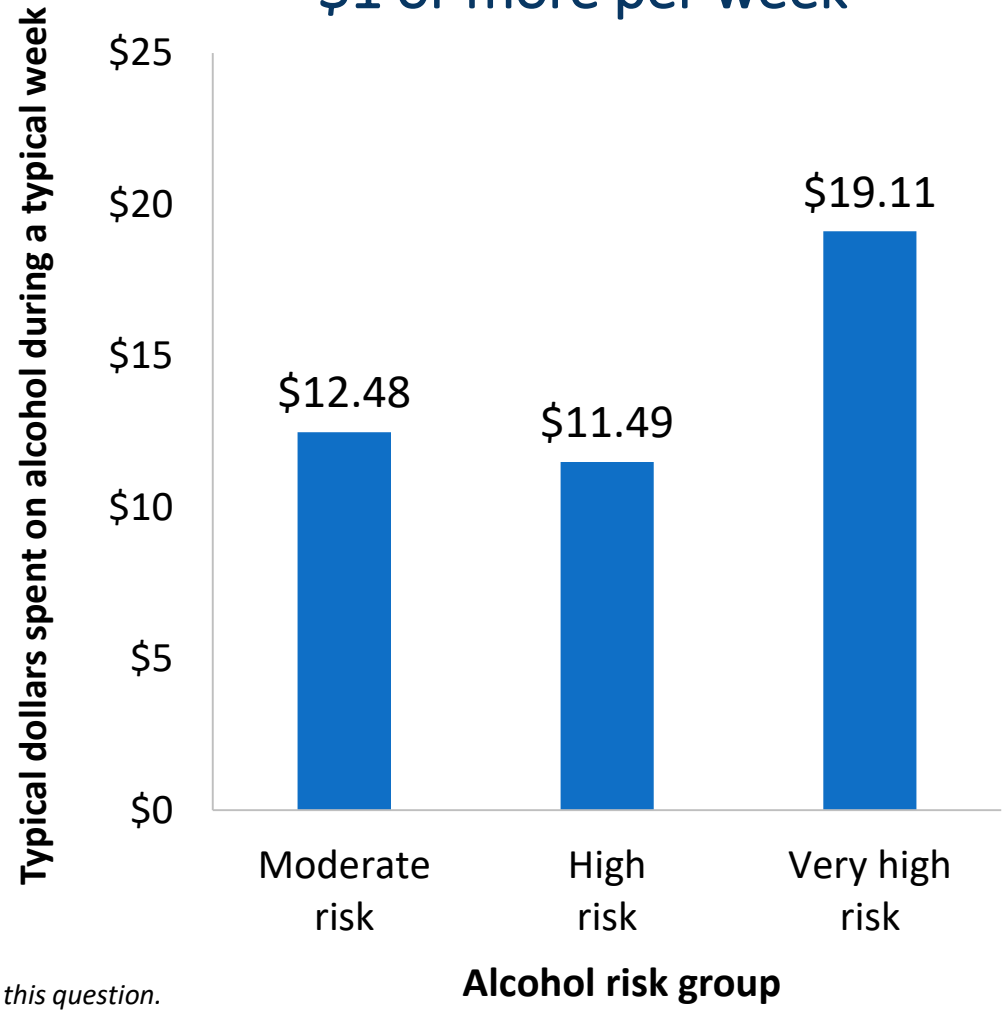


Money Spent on Alcohol during a Typical Week among FSU Past-year Drinkers

Among past-year drinkers

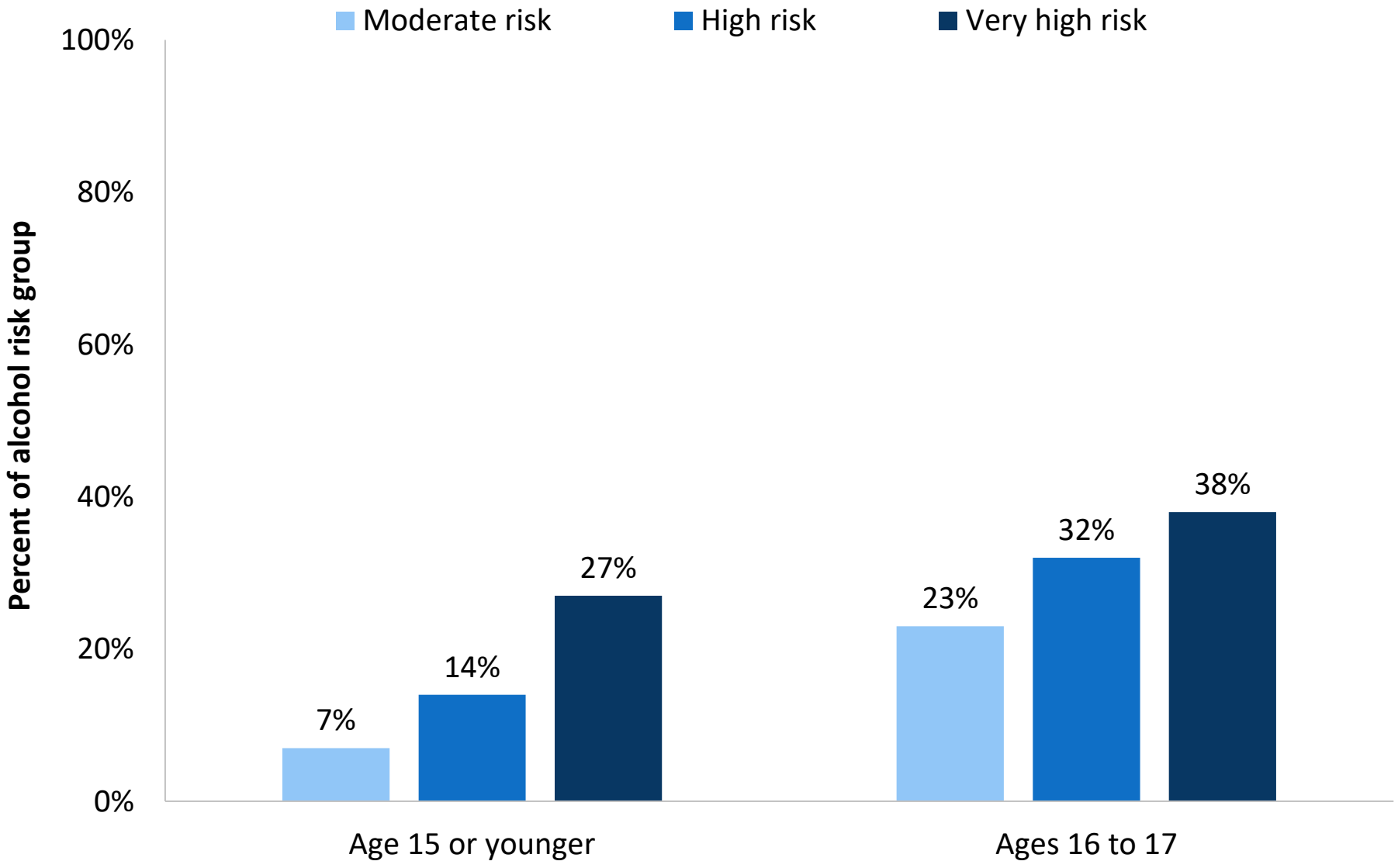


Among students who spent $1 or more per week

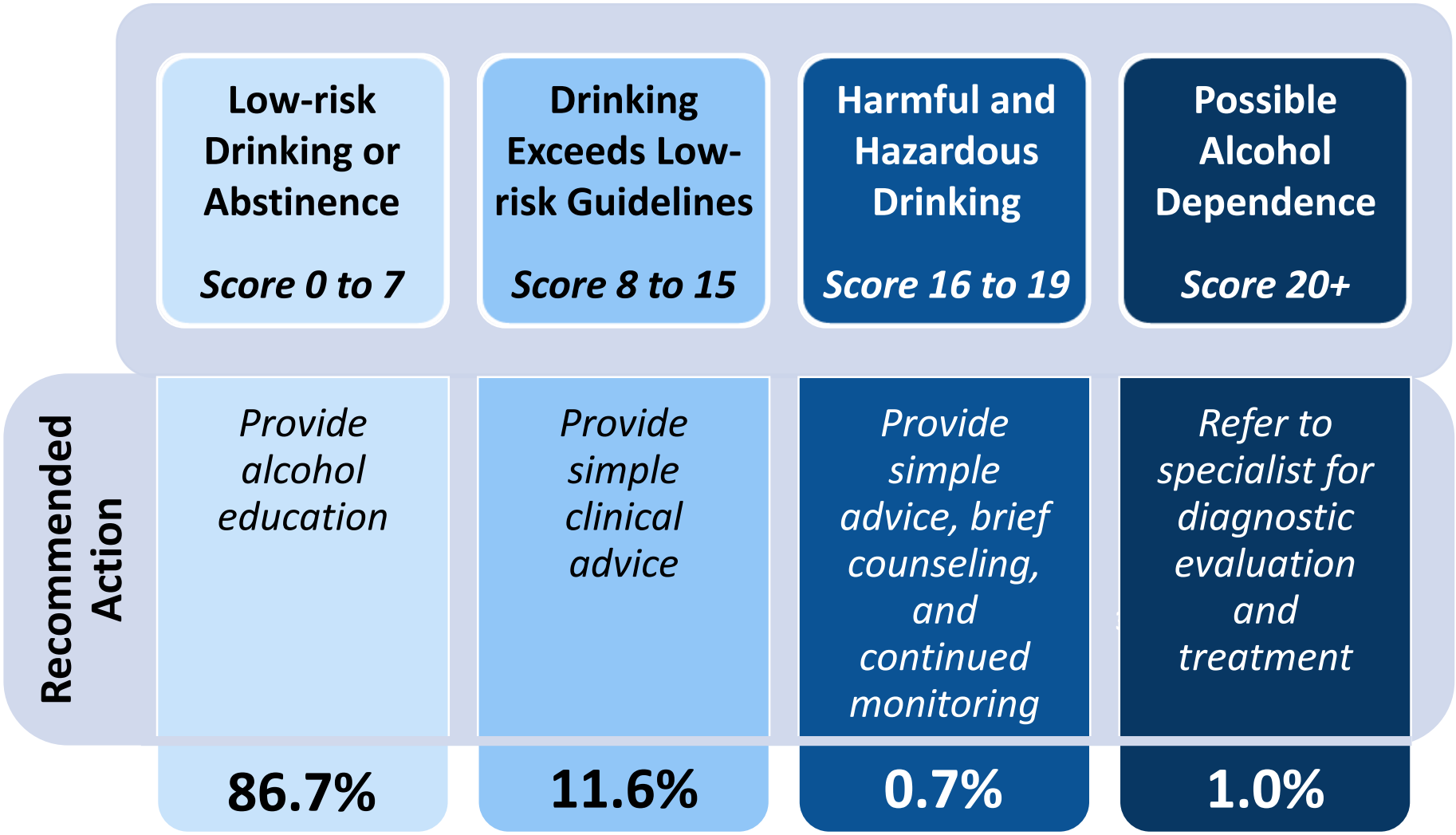


Note: Low-risk drinkers, who did not drink during the past year, did not see this question.

Age at First Alcohol Intoxication among FSU Students by Alcohol Risk Group



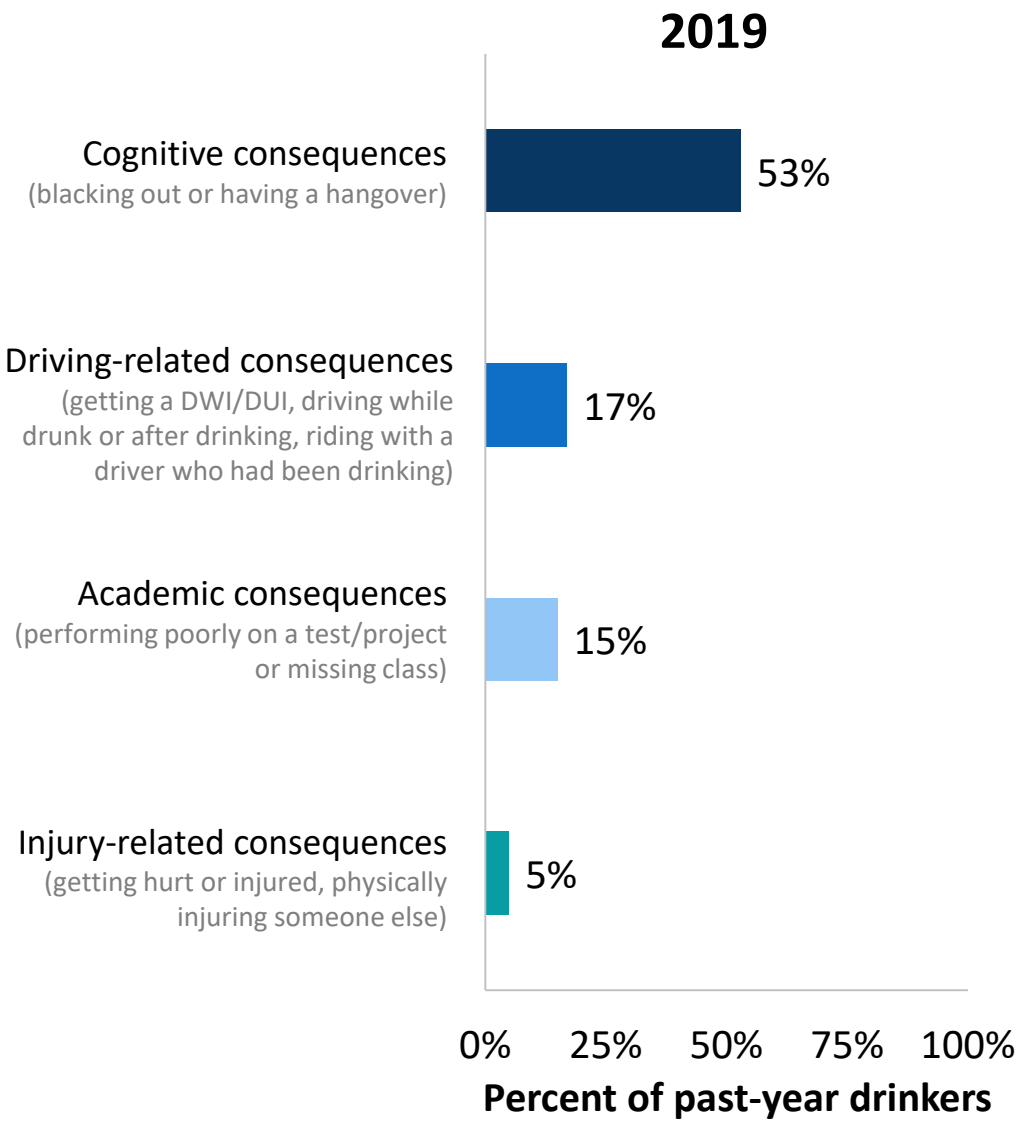
Alcohol Use Disorders Identification Test (AUDIT) Scores among FSU Students

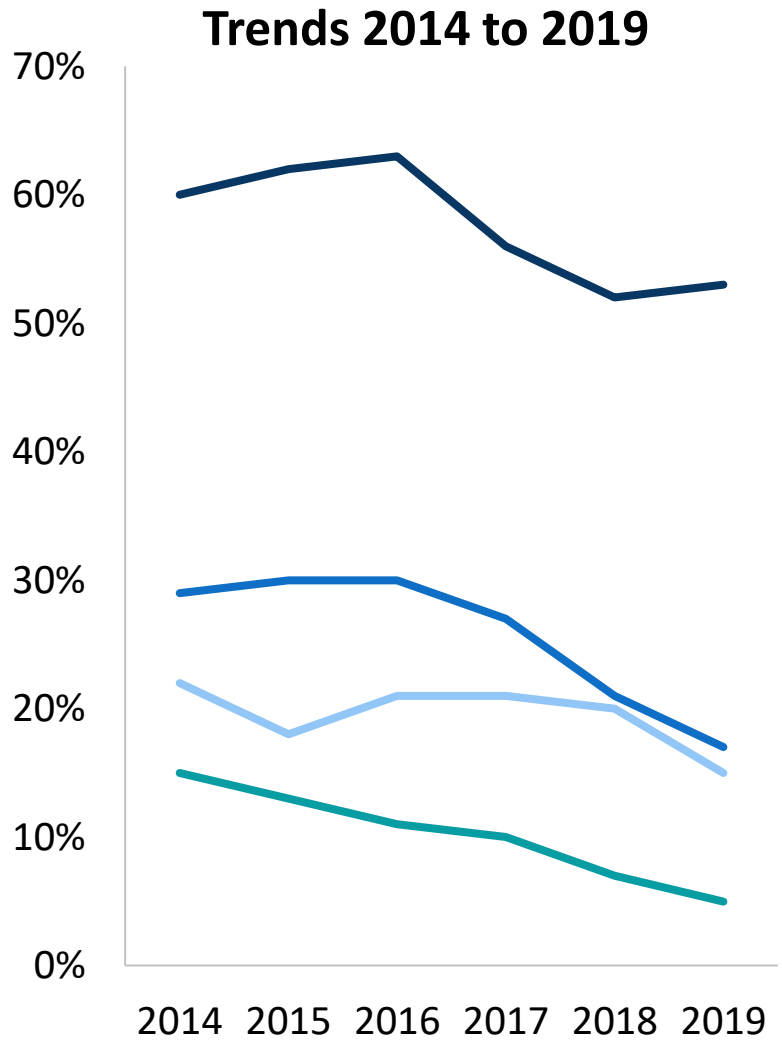


Saunders JB, Aasland OG, Babor TF, de la Fuente JR, Grant M. Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption. Addiction. 1993;88(6):791-804.

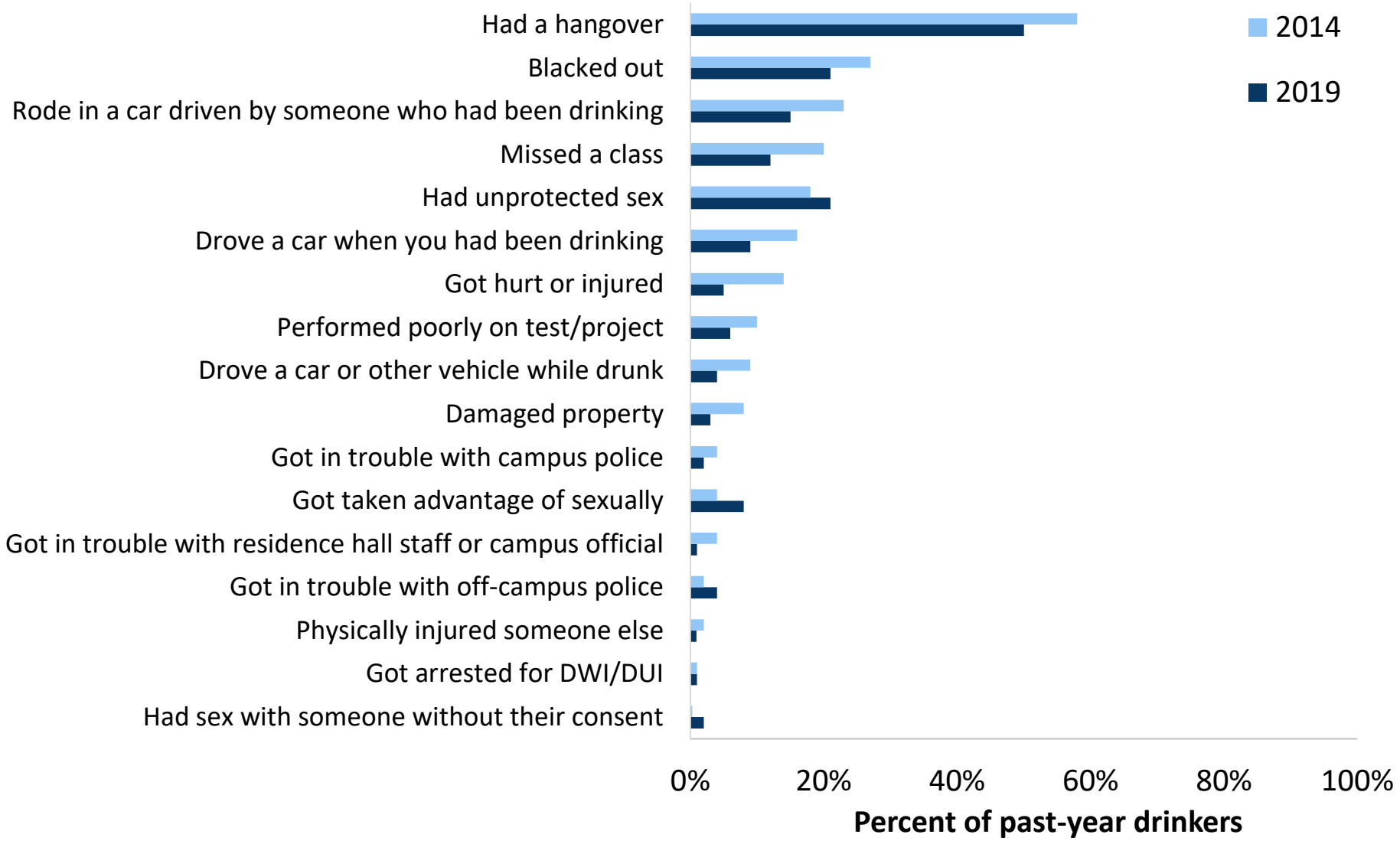
Alcohol-related Direct Consequences and Harms to Others

Direct Consequences of Alcohol Use among FSU Past-year Drinkers



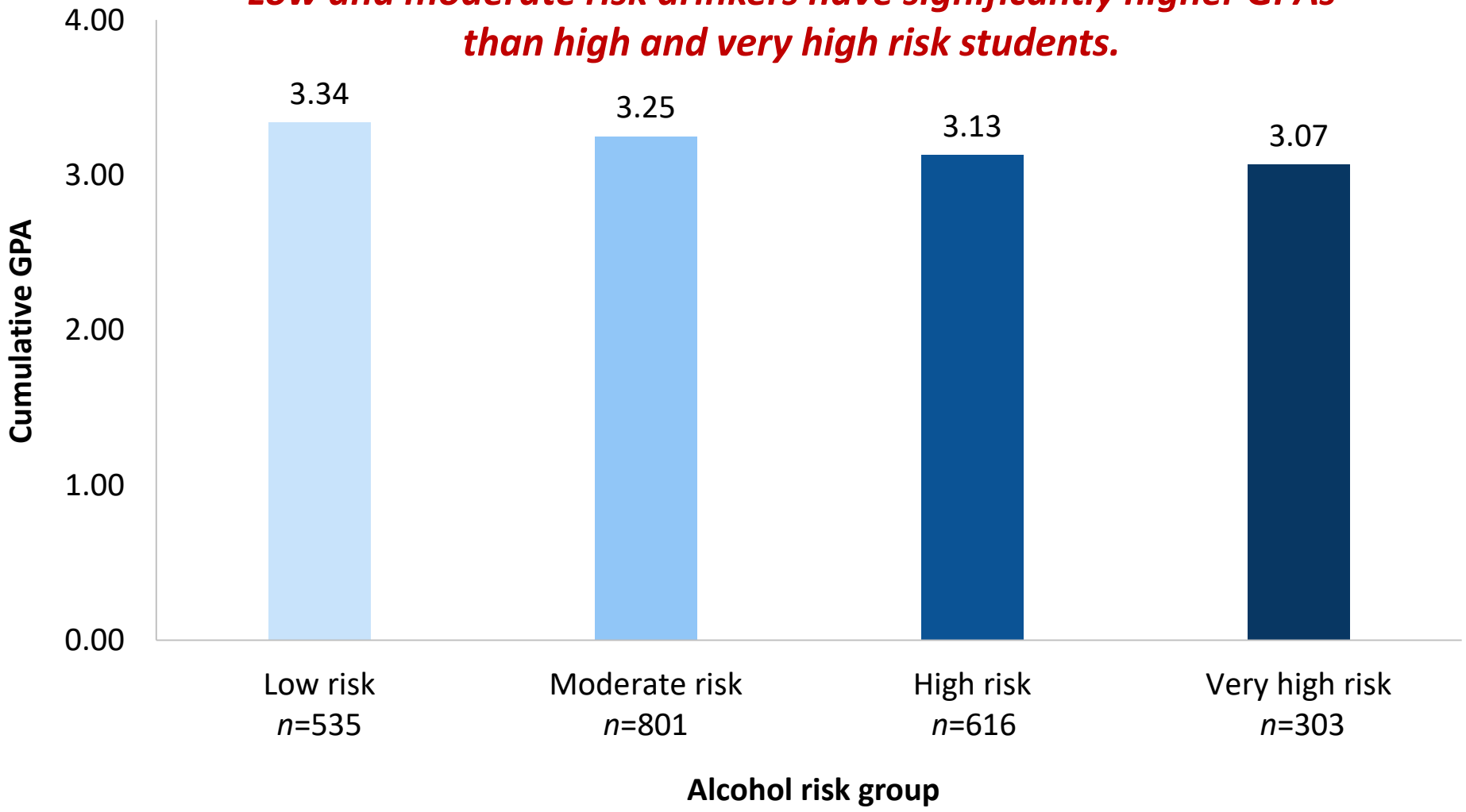


Direct Consequences of Alcohol Use among FSU Past-year Drinkers
(Detailed Breakdown)



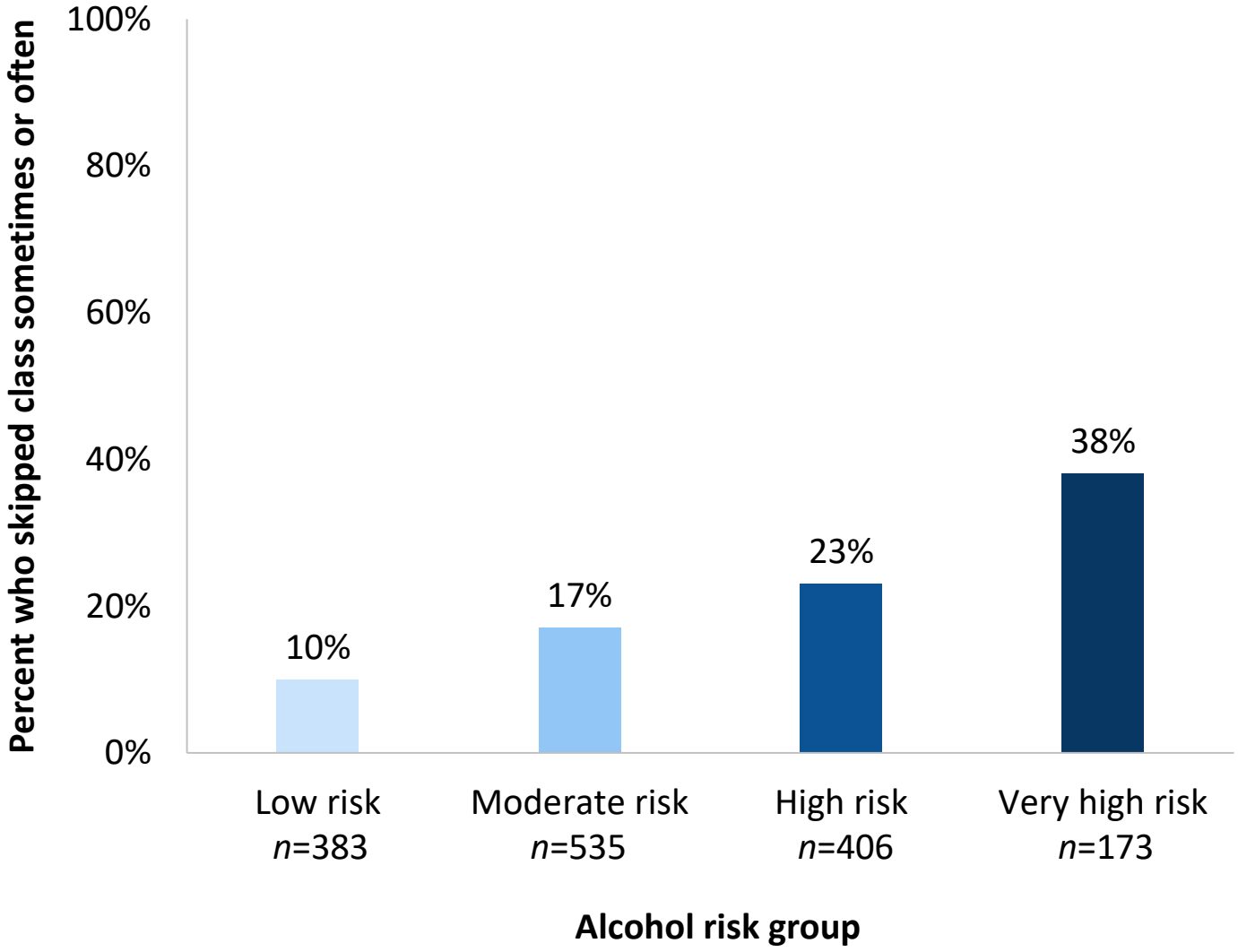
GPA by Alcohol Risk Group, among FSU Students, 2015-2019*

Low and moderate risk drinkers have significantly higher GPAs than high and very high risk students.



**This figure use combined data from the MD-CAS 2015-2019.*

Skipping Class among FSU Students by Alcohol Risk Groups, 2016-2019*



Cumulative GPA of students who skipped class never/rarely

3.32

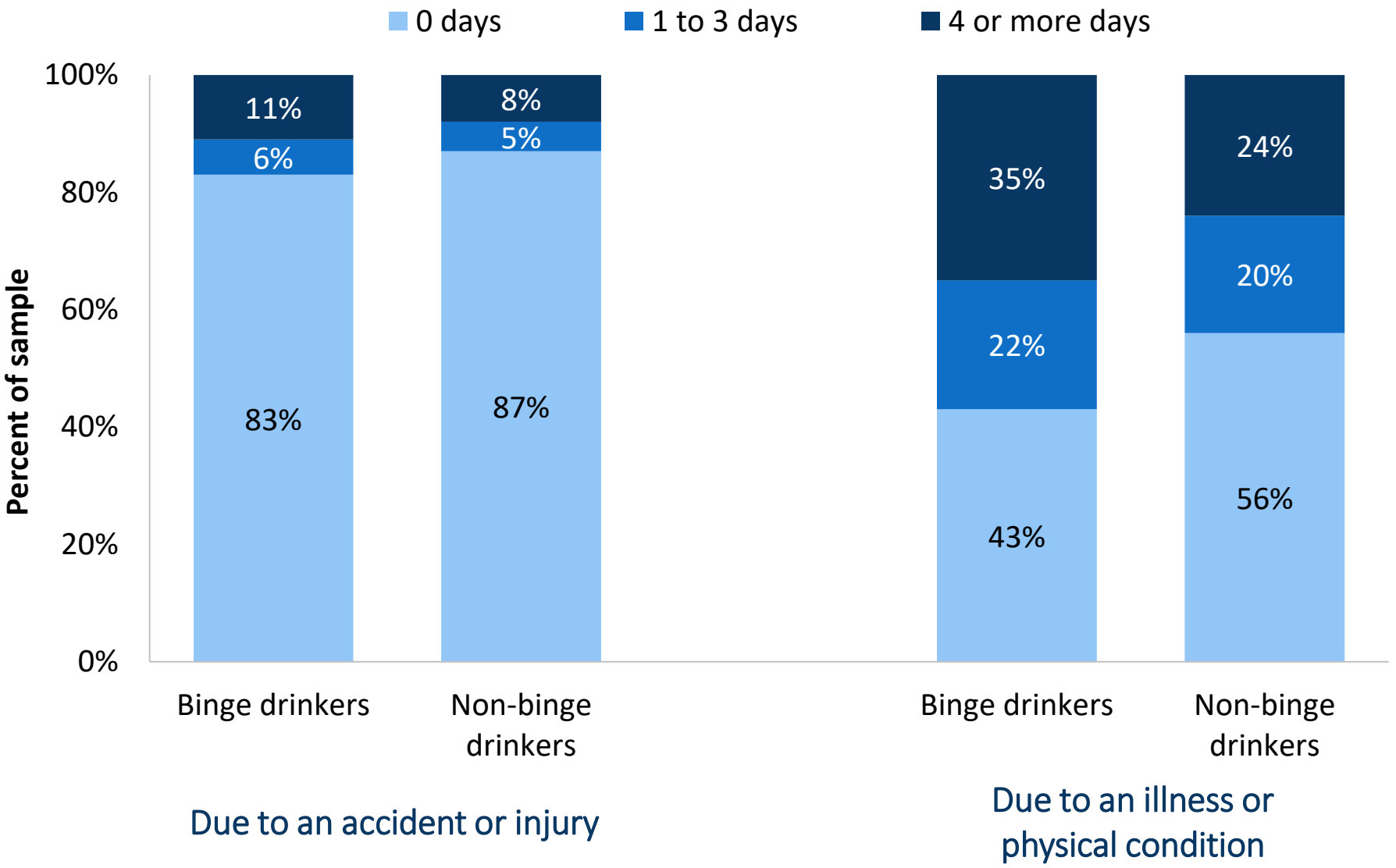
Cumulative GPA of students who skipped class sometimes/often

2.84

…significantly lower than non-skippers.

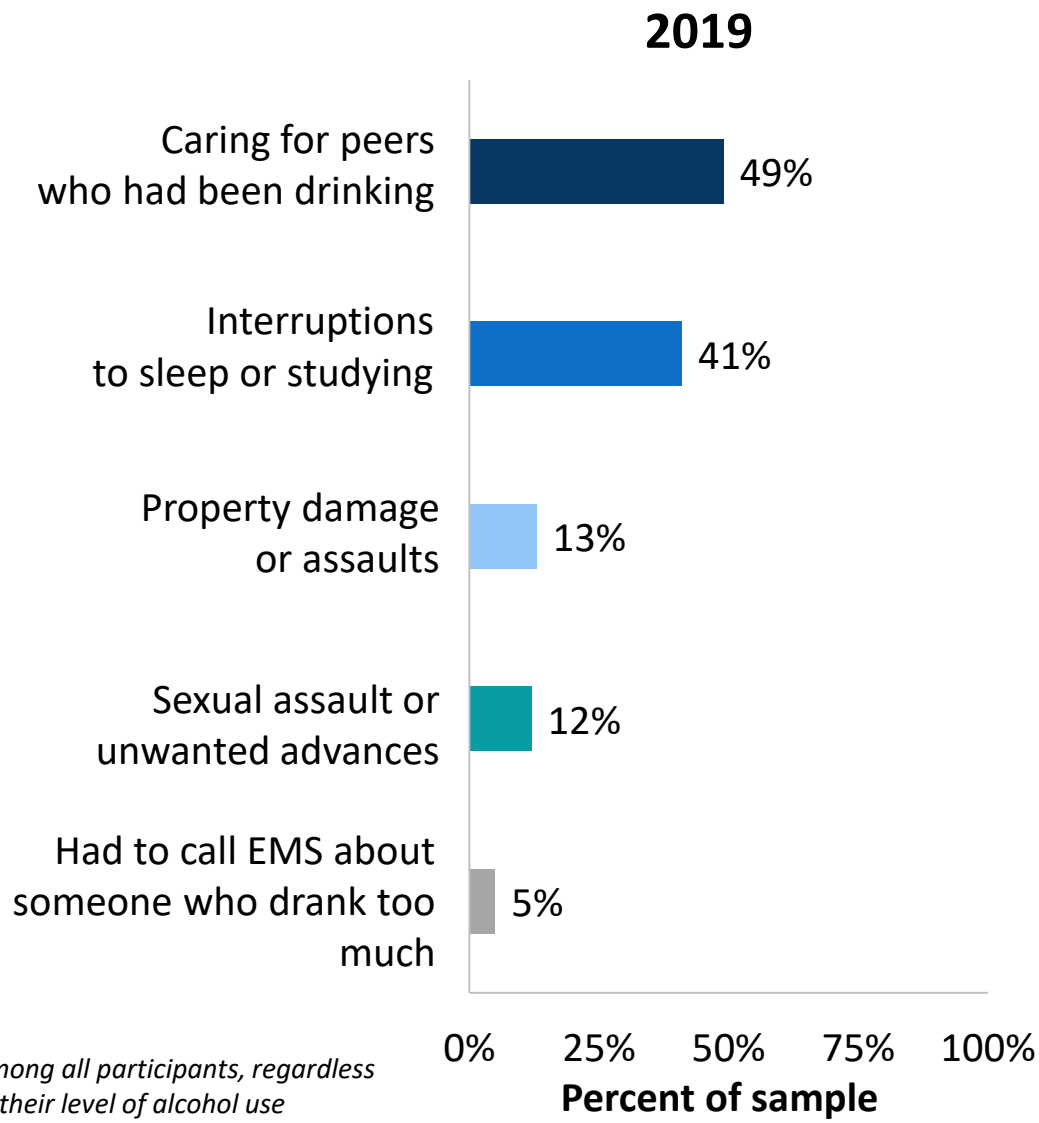
**This figure use combined data from the MD-CAS 2016-2019.*

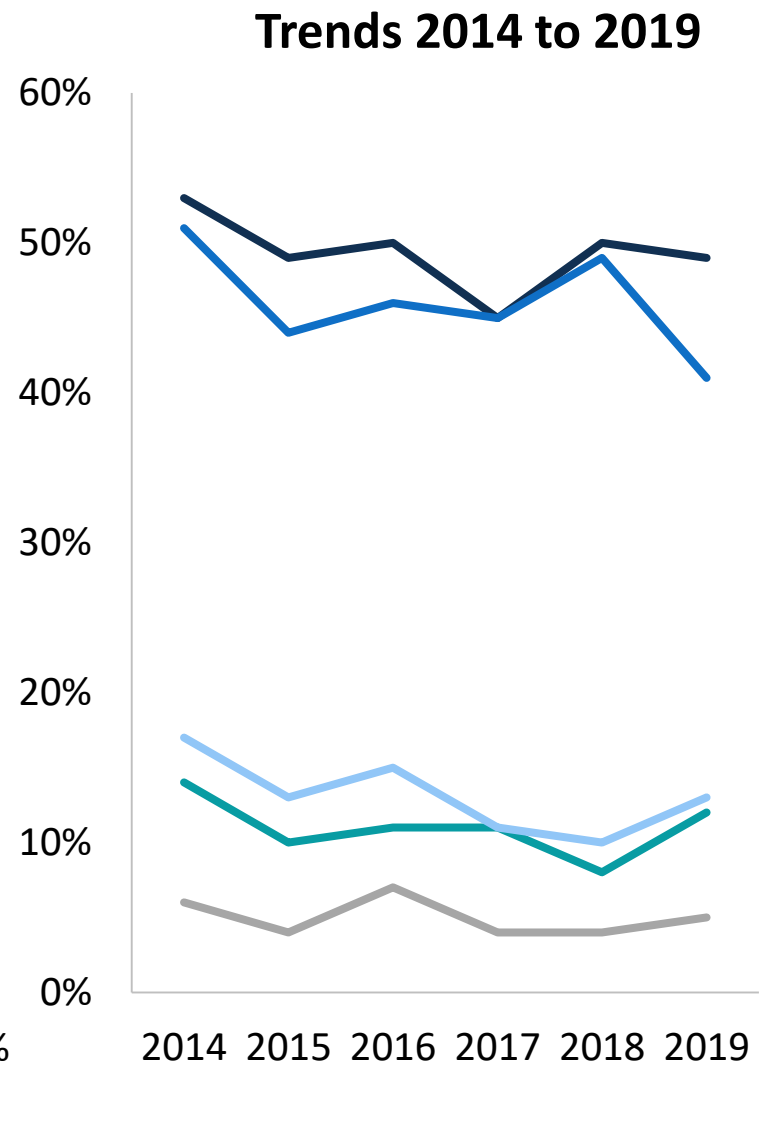
Days Kept From Usual Activities among the Overall Sample, by Binge Drinking*



*Past-month binge drinking

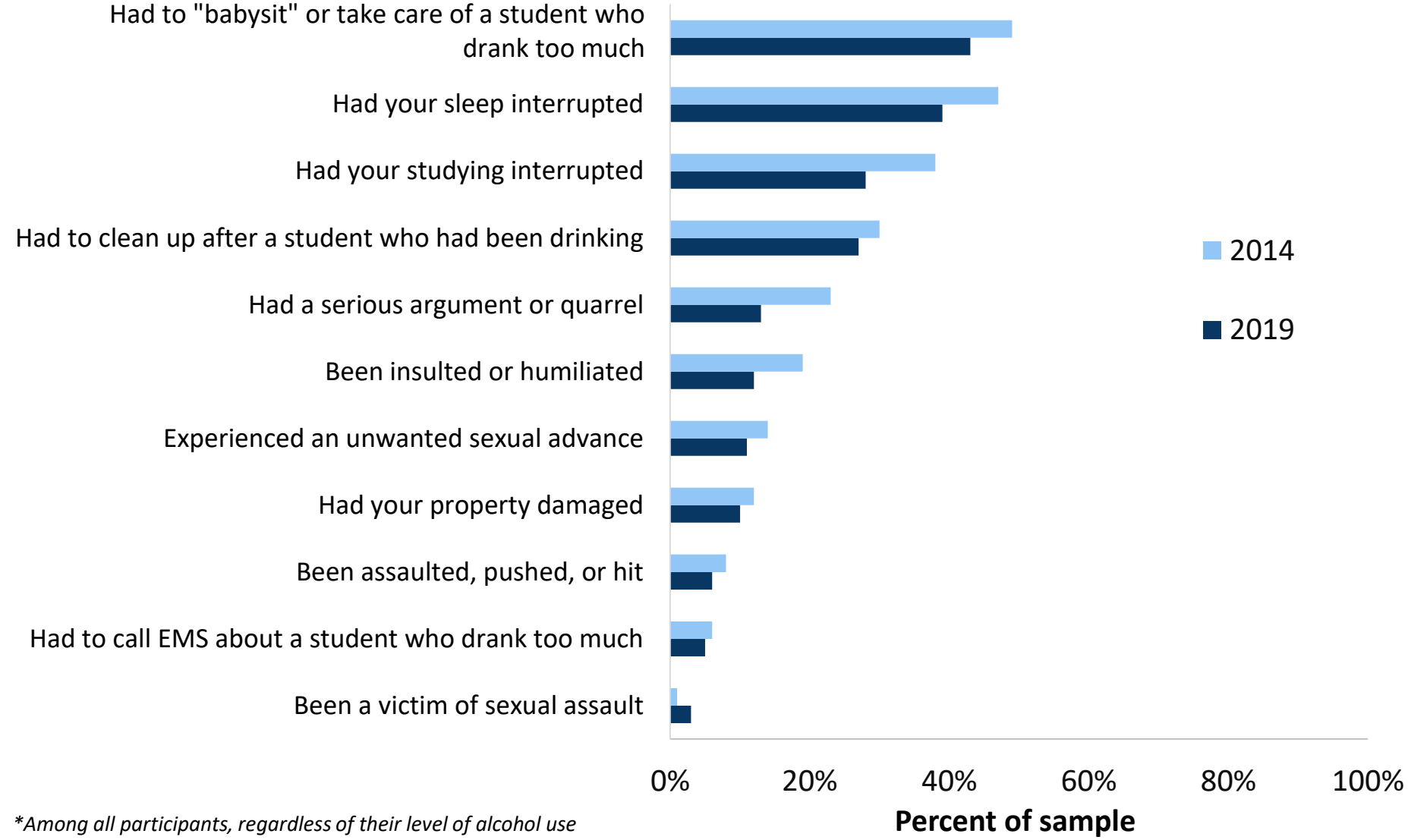
Harms Experienced as a Result of Someone Else's Alcohol Use among FSU Students*





*Among all participants, regardless of their level of alcohol use

Harms Experienced as a Result of Someone Else's Alcohol Use among FSU Students
(Detailed Breakdown)*

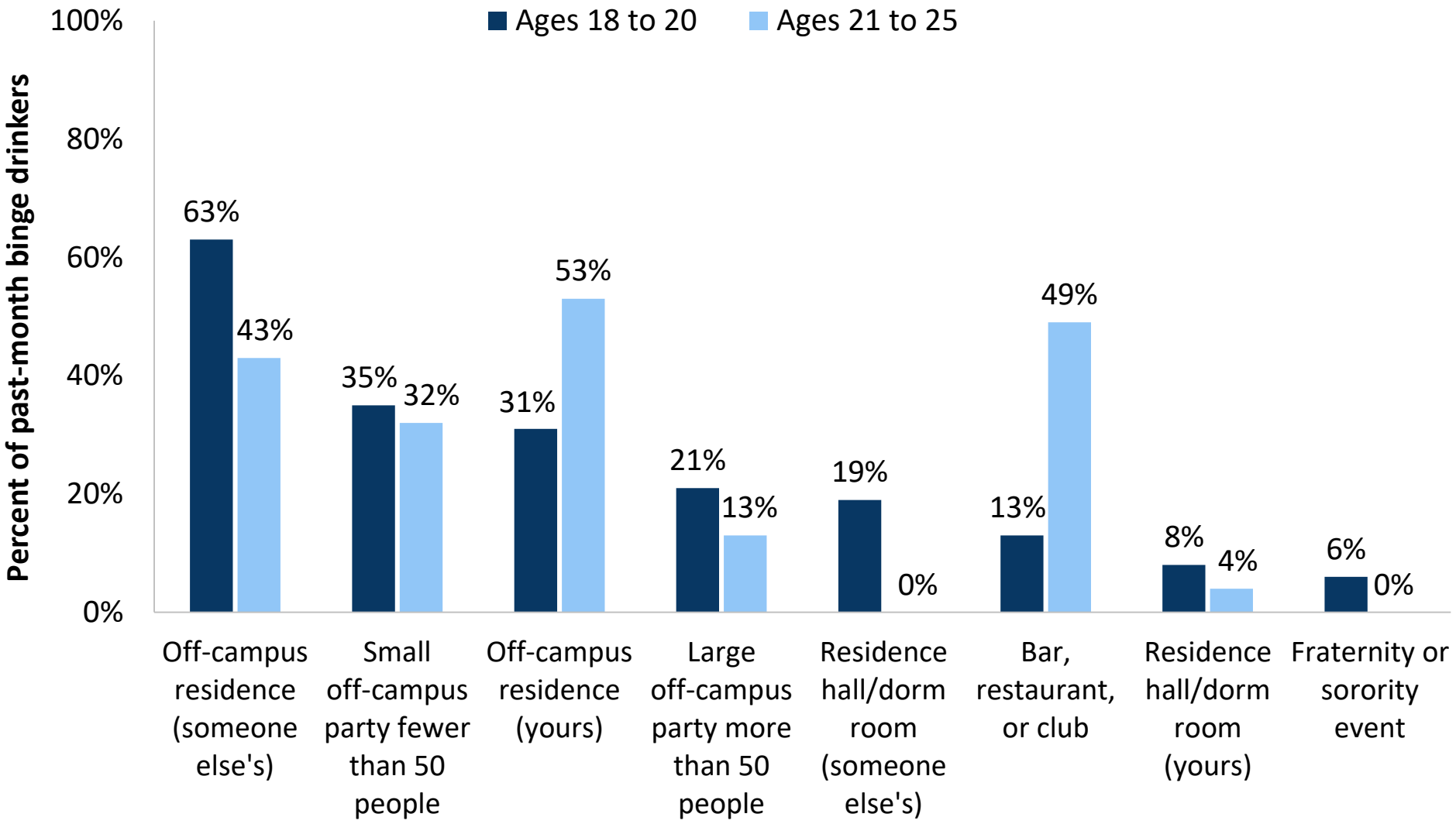


*Among all participants, regardless of their level of alcohol use

Access to and Context of Alcohol Use

Where Do FSU Students Binge Drink?

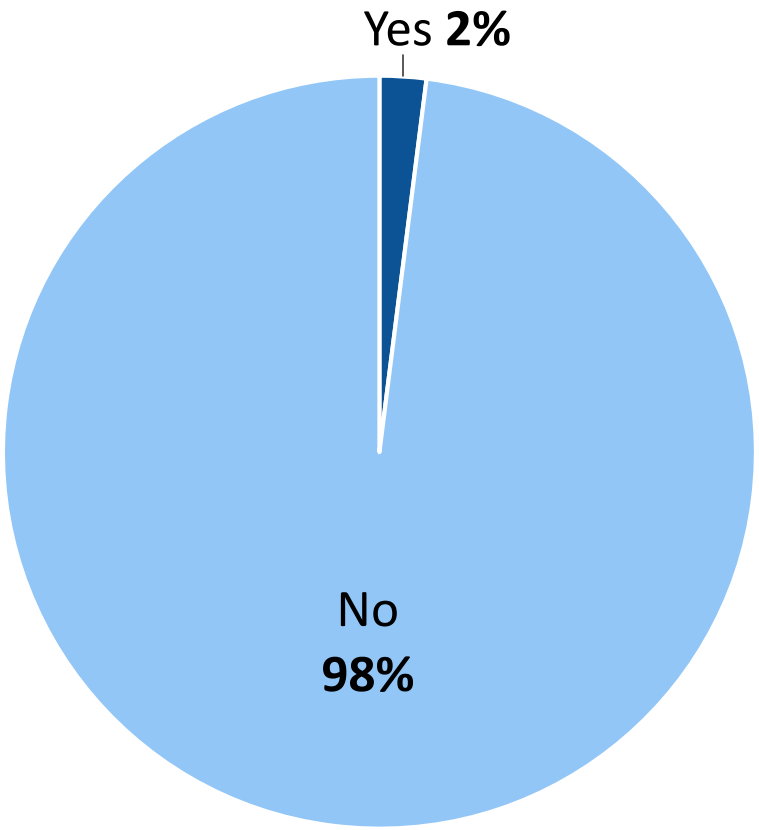
Location of Binge Drinking among FSU Past-month Binge Drinkers



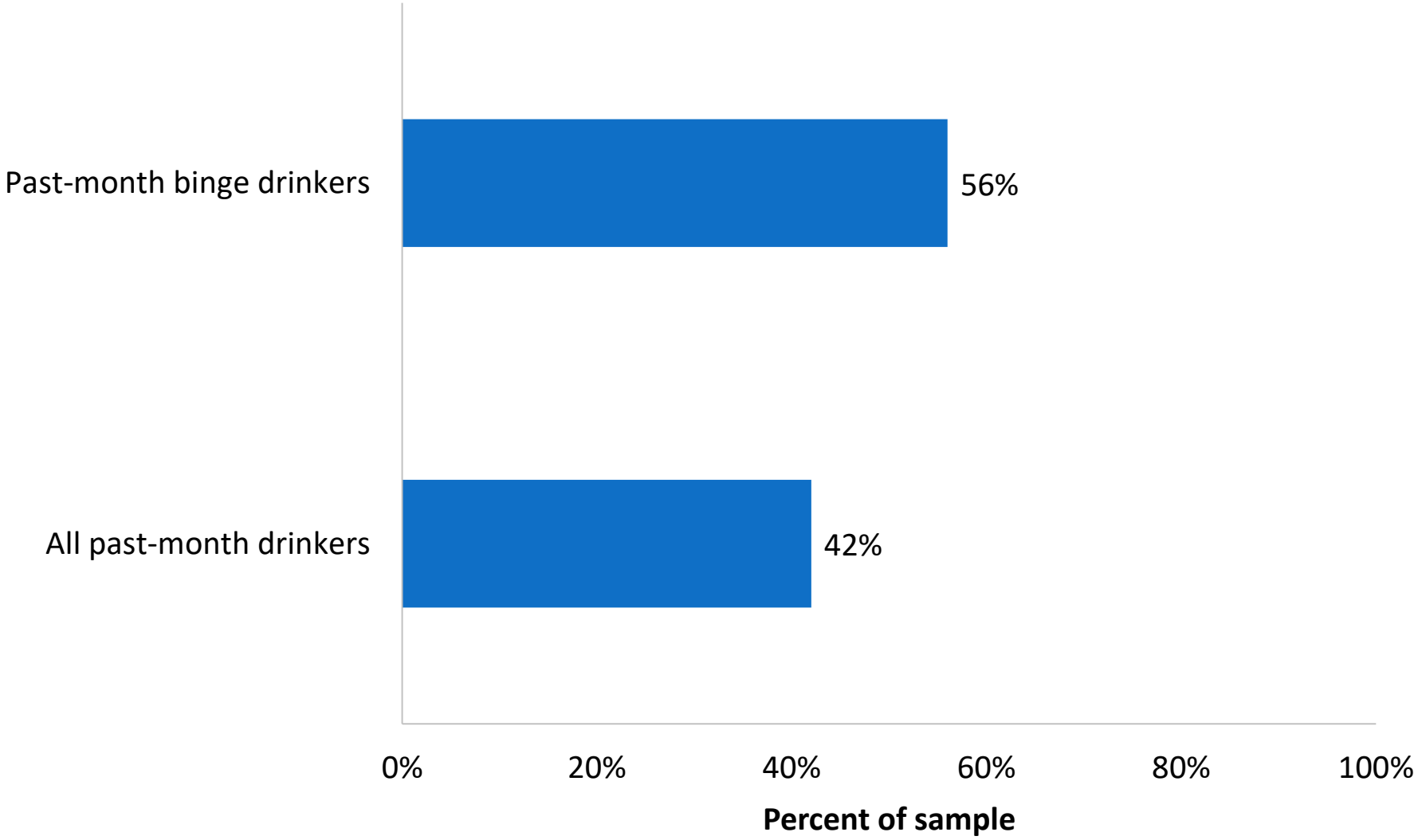
FSU Binge Drinkers Who Have Ever Been "Cut Off" or Denied Service of Alcohol Due to Level of Intoxication

Places where students were "cut off" include:

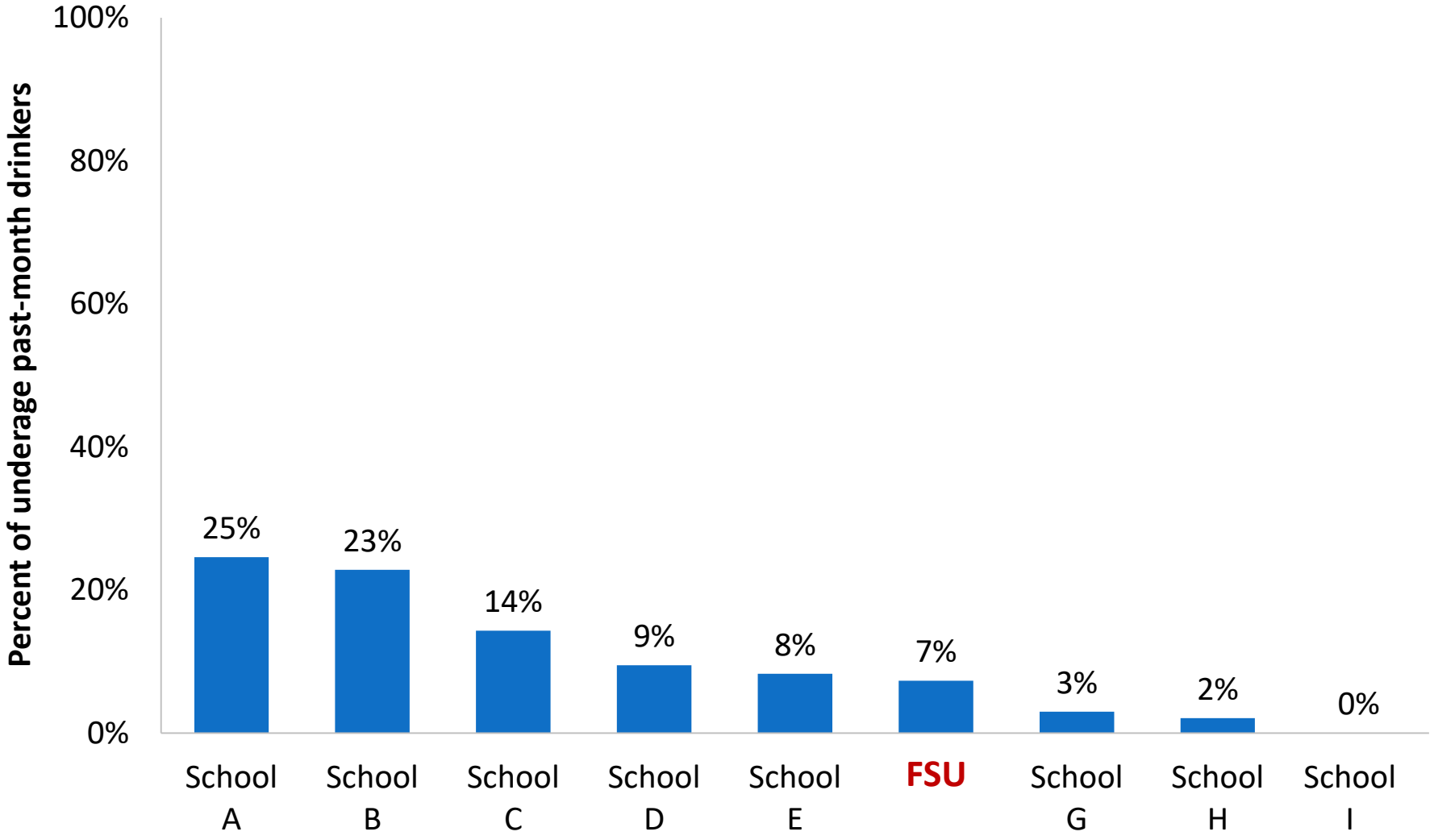
- Small off-campus parties (fewer than 50 people)



What Proportion of FSU Students Drank Alcohol in Their or Someone Else's Residence Before Attending a Social or Other Event ("Pre-gaming")?



What Proportion of Underage Past-month Drinkers Use a False ID?



Note: Past-month false ID use

Overlap between Alcohol and Other Substance Use

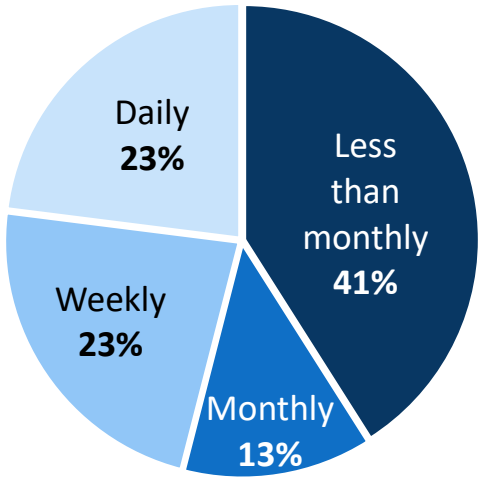
Marijuana Use during the Past Year among FSU Students

88%
of FSU students say it is "fairly easy" or "very easy" to obtain marijuana

30%
used marijuana during the past year

24%
used marijuana during the past month

Frequency of use



Among past-year marijuana users:

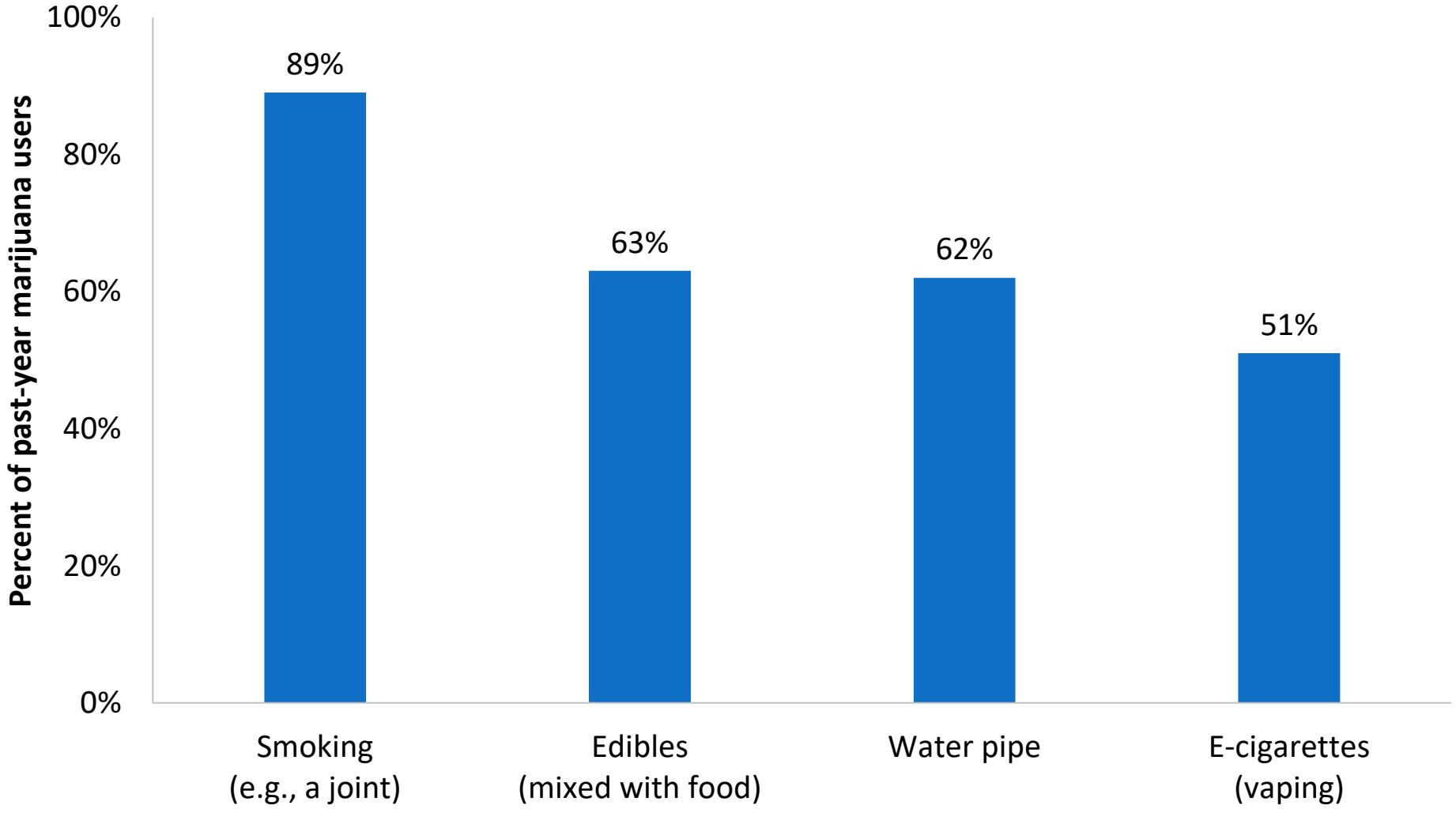
50%
first used marijuana **prior to age 18**

33%
had **concentration problems** after being high on marijuana during the past year

15%
"sometimes" or "regularly" use marijuana and then **drive a car**

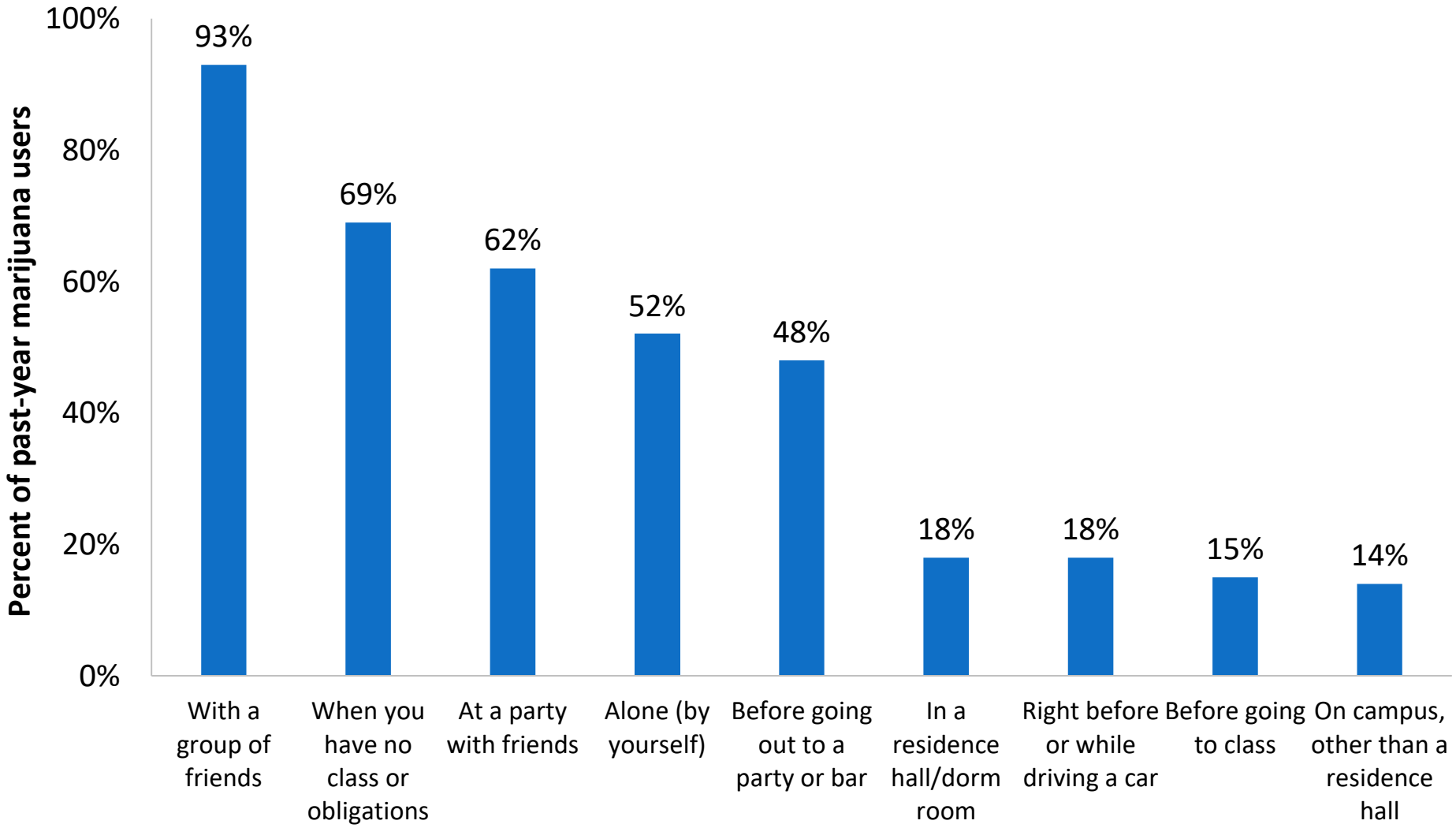
9%
overslept and missed class as a result of using marijuana during the past year

How Students Used Marijuana during the Past Year among FSU Past-year Marijuana Users*

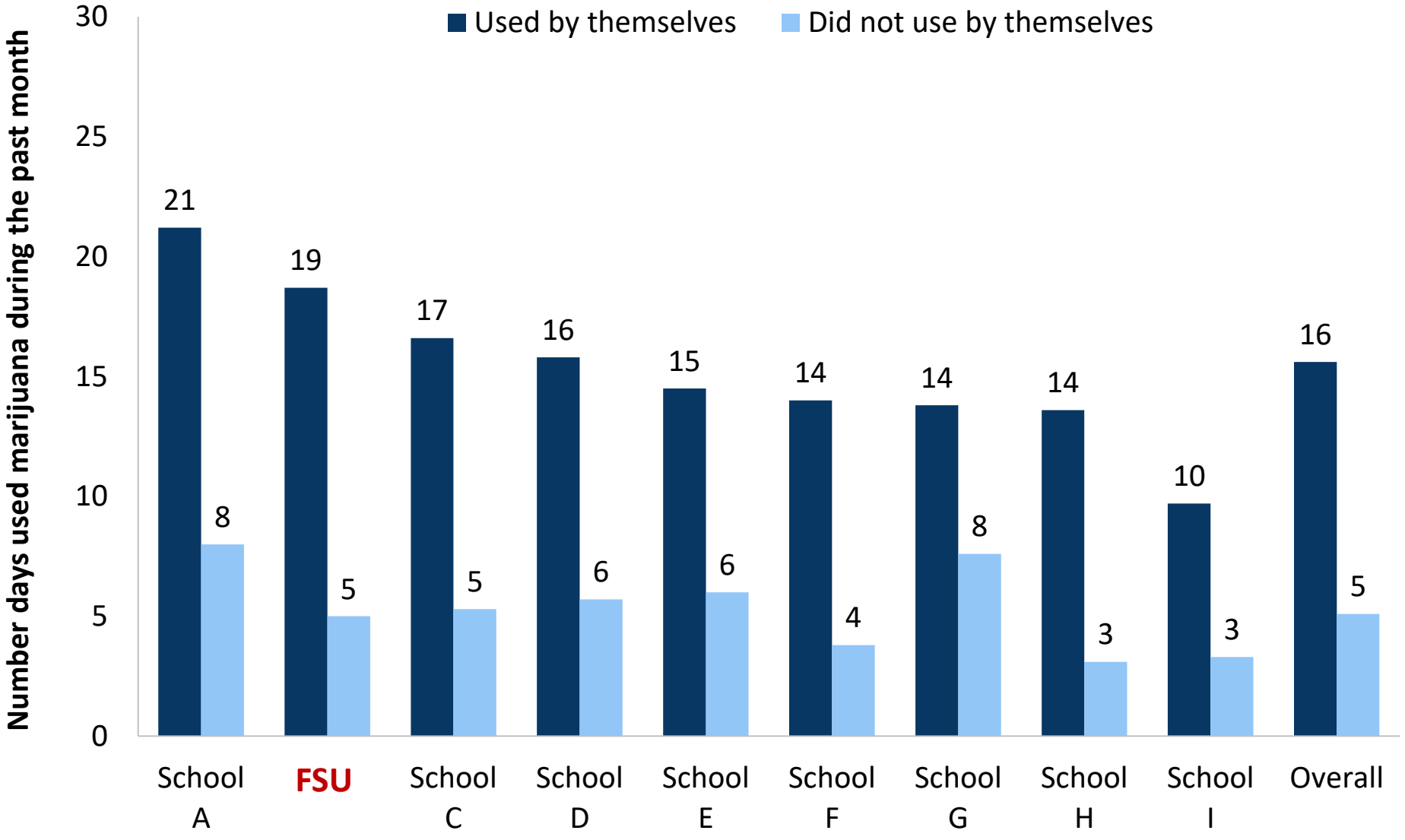


*Among n=86 past-year marijuana users.

Situations in which Students Used Marijuana during the Past Year among FSU Past-year Marijuana Users



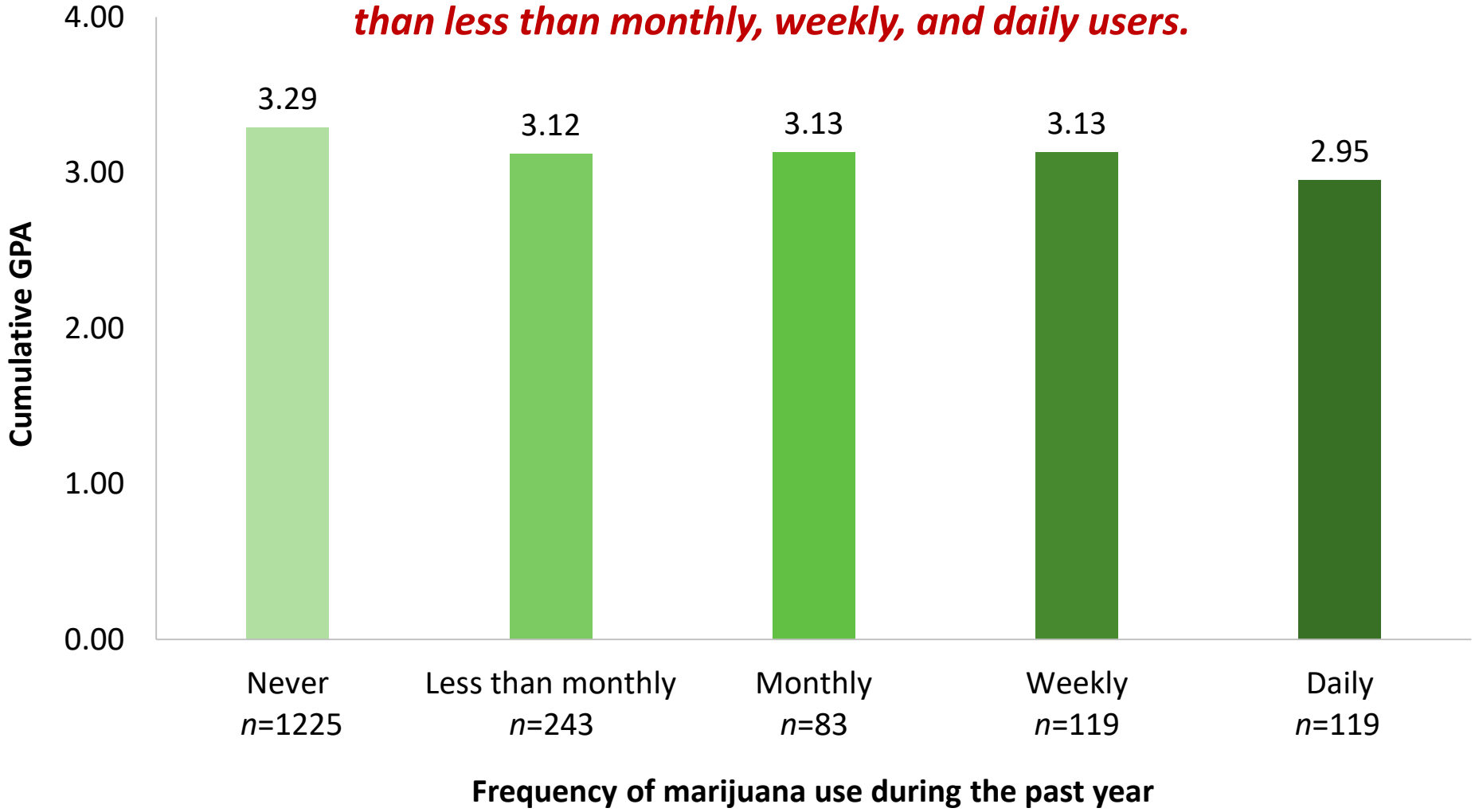
Past-month Marijuana Use Frequency among Students Who Did and Did Not Use Marijuana Alone



Note: "Used by themselves" means that they used marijuana alone (i.e., without friends or other people) at least once during the past year.

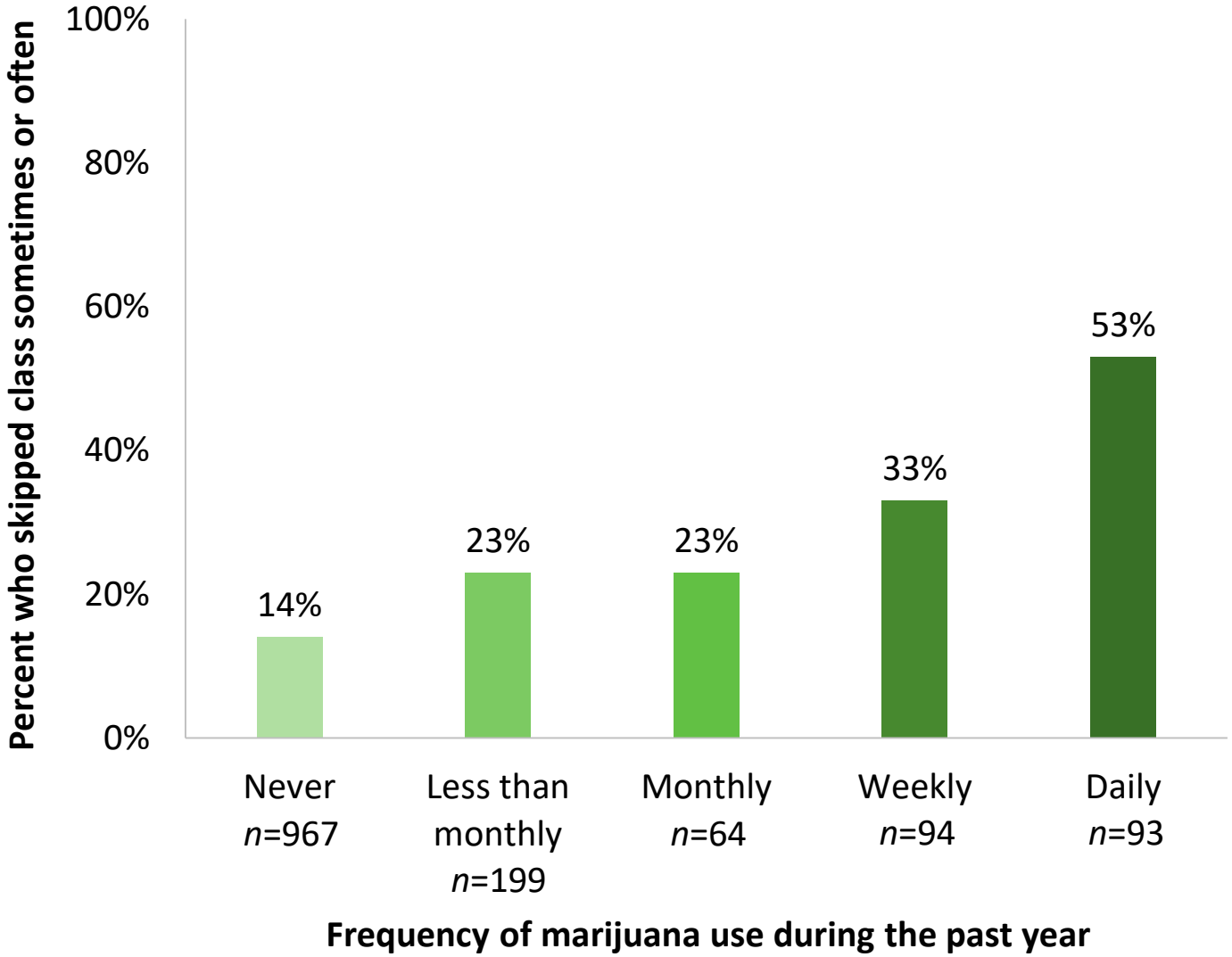
GPA by Past-year Marijuana Use, among FSU Students, 2015-2019*

Marijuana non-users have significantly higher GPAs than less than monthly, weekly, and daily users.



**This figure use combined data from the MD-CAS 2015-2019.*

Skipping Class among FSU Students by Past-year Marijuana Use Frequency, 2016-2019*



Cumulative GPA of students who skipped class never/rarely

3.32

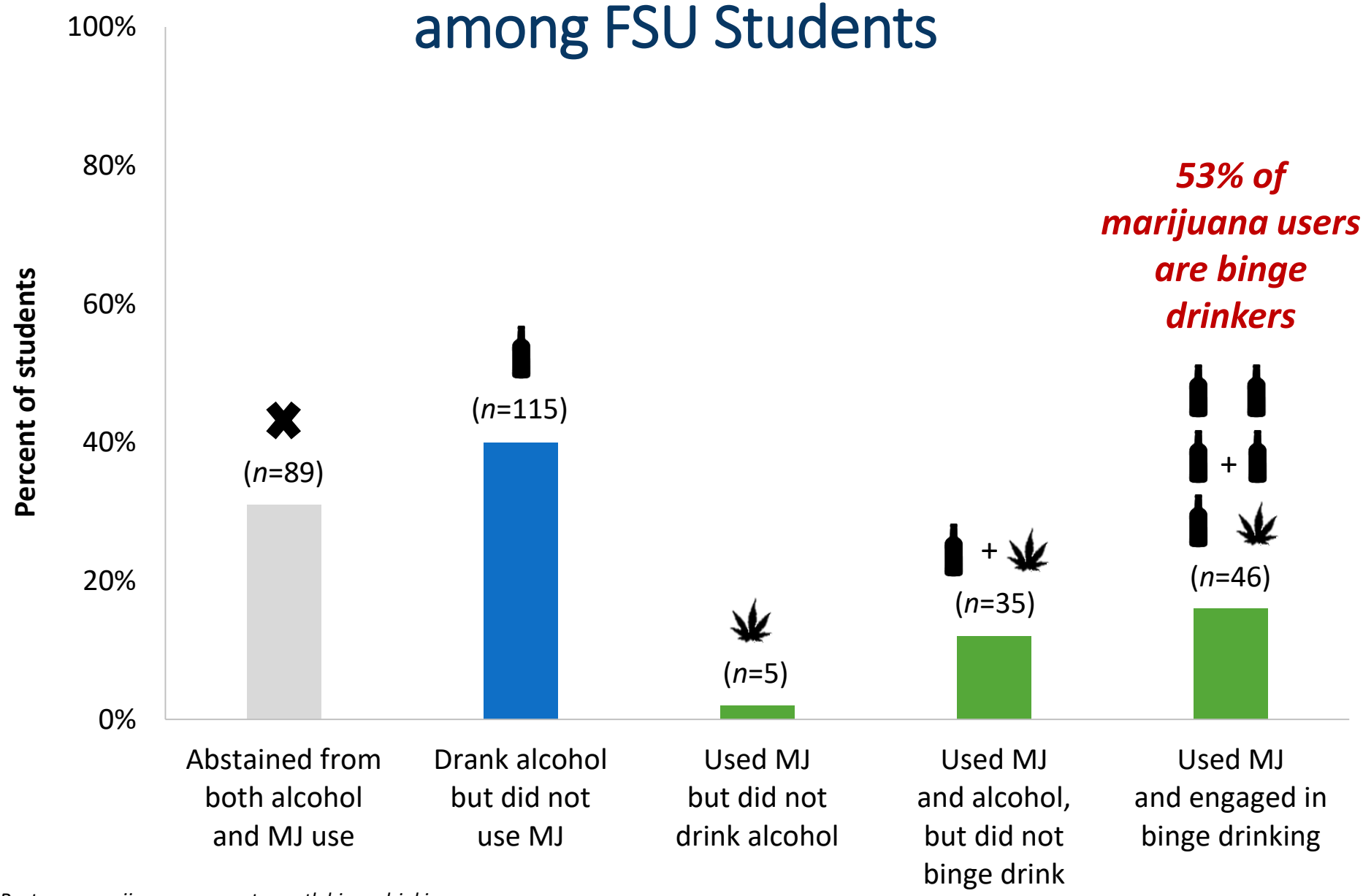
Cumulative GPA of students who skipped class sometimes/often

2.84

…significantly lower than non-skippers.

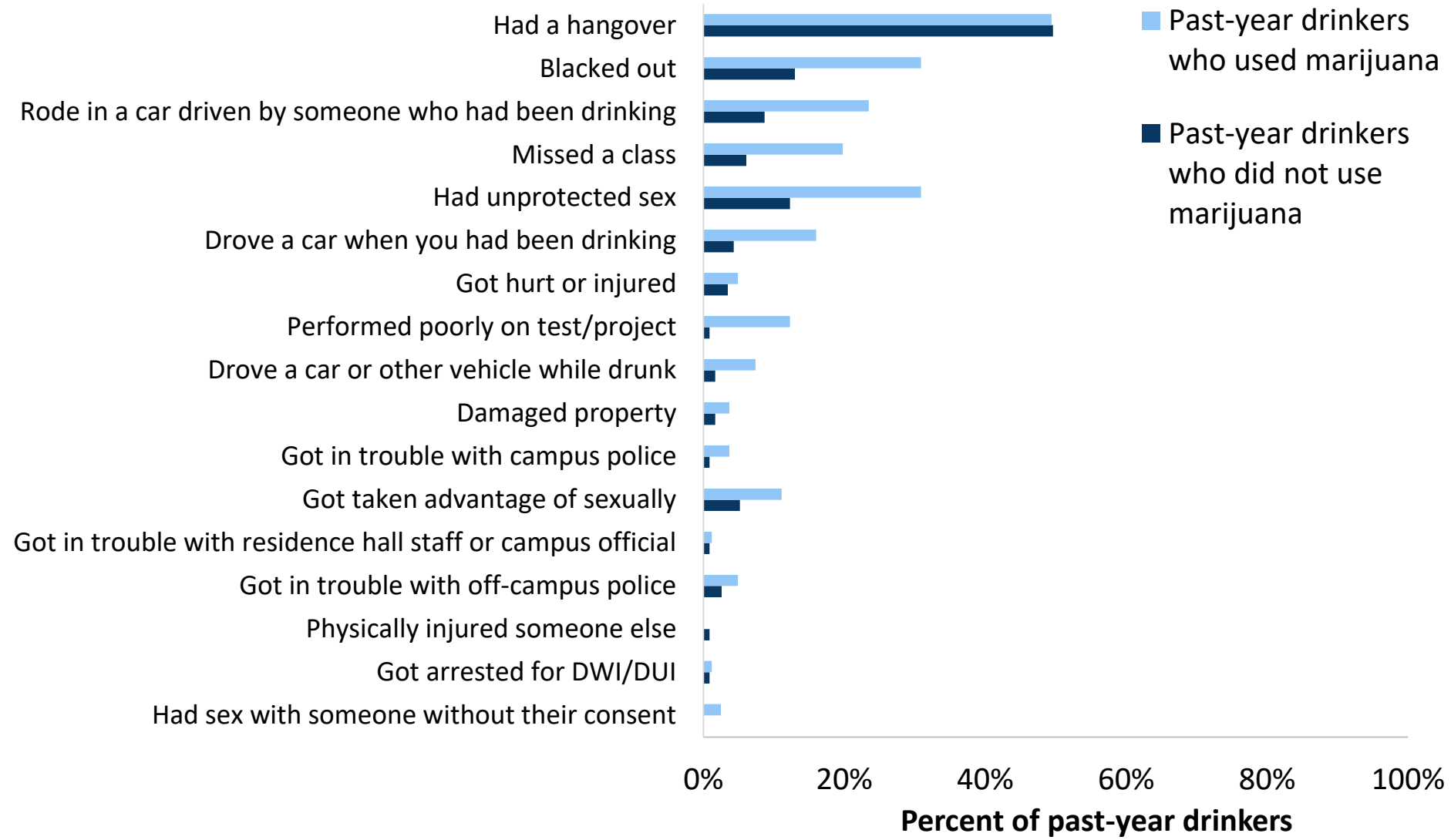
**This figure use combined data from the MD-CAS 2016-2019.*

Binge Drinking and Marijuana (MJ) Use among FSU Students



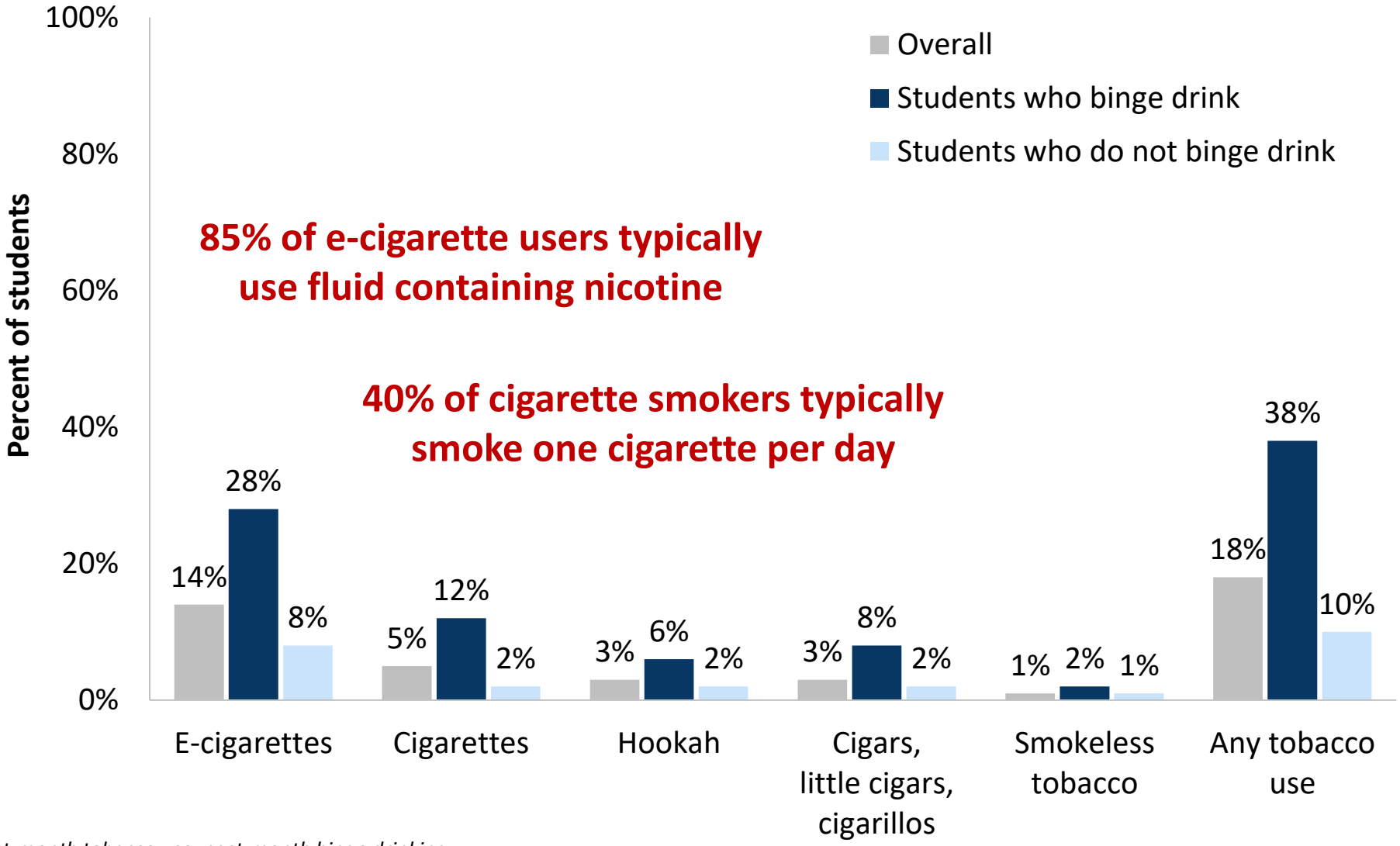
*Past-year marijuana use; past-month binge drinking

Direct Consequences of Alcohol Use among FSU Past-year Drinkers, by Past-year Marijuana Use, 2019



What Proportion of FSU Students Use Tobacco?

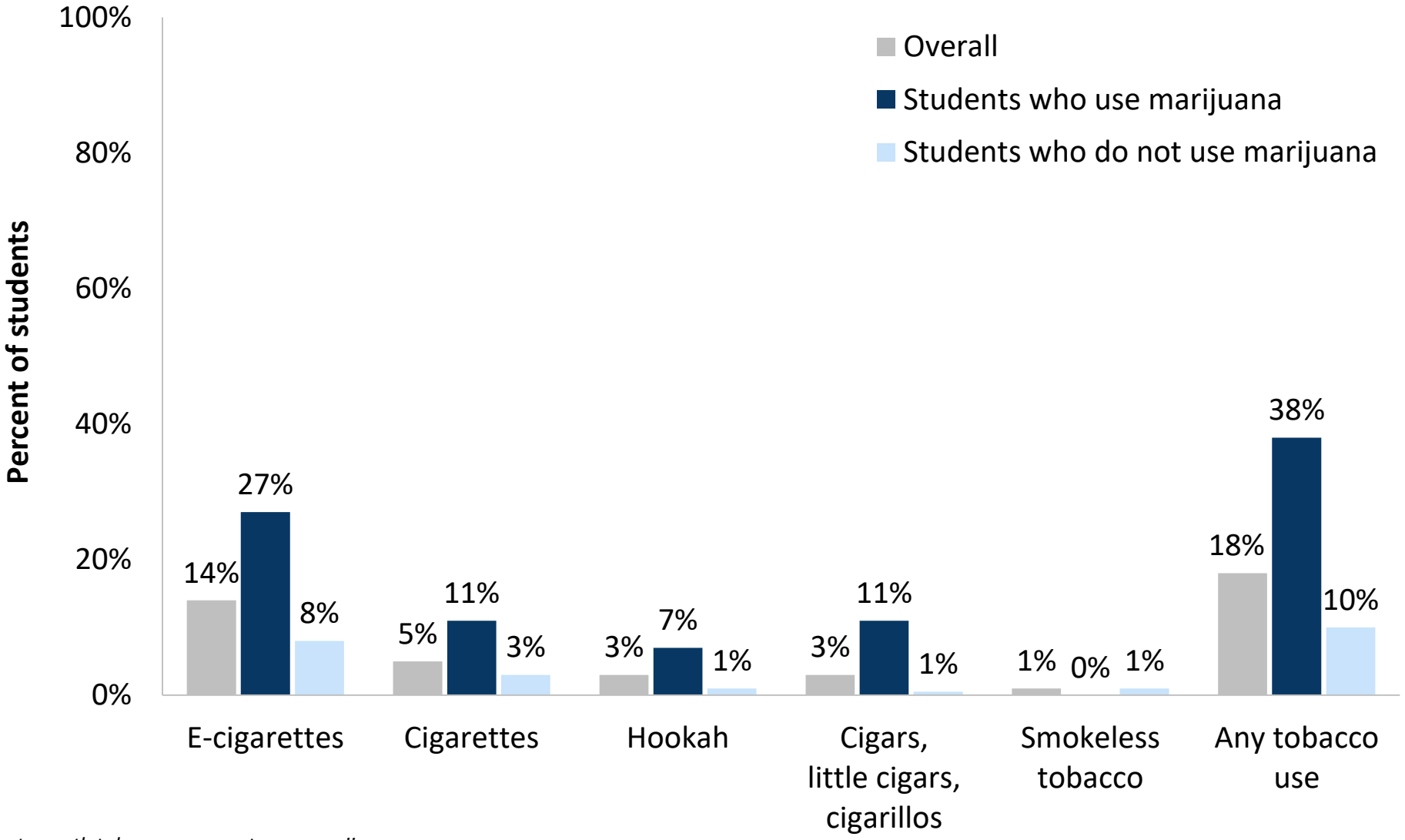
Overall and by Past-month Binge Drinking



*Past-month tobacco use; past-month binge drinking

What Proportion of FSU Students Use Tobacco?

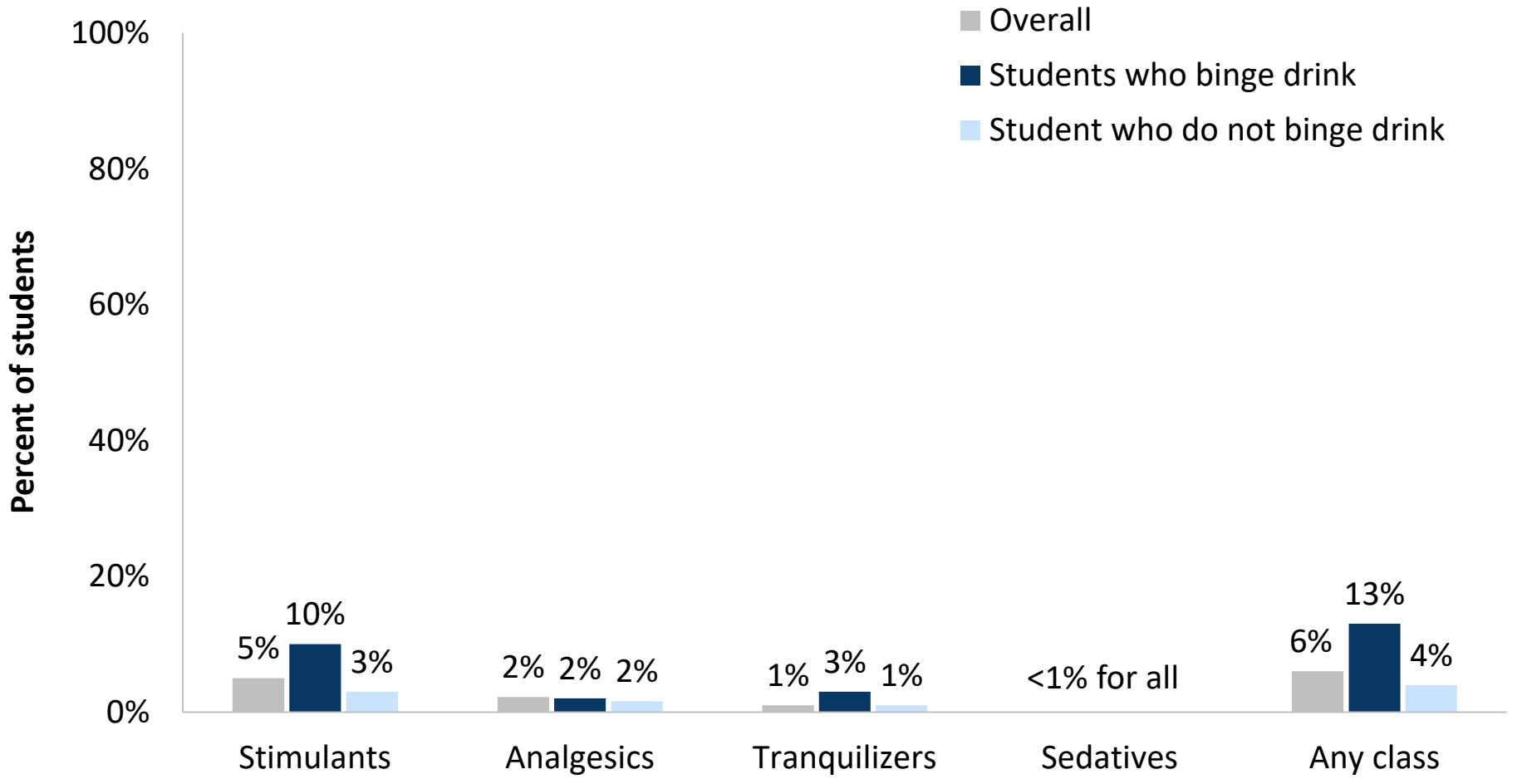
Overall and by Past-year Marijuana Use



*Past-month tobacco use; past-year marijuana use

Nonmedical Prescription Drug Use during the Past Year among FSU Students

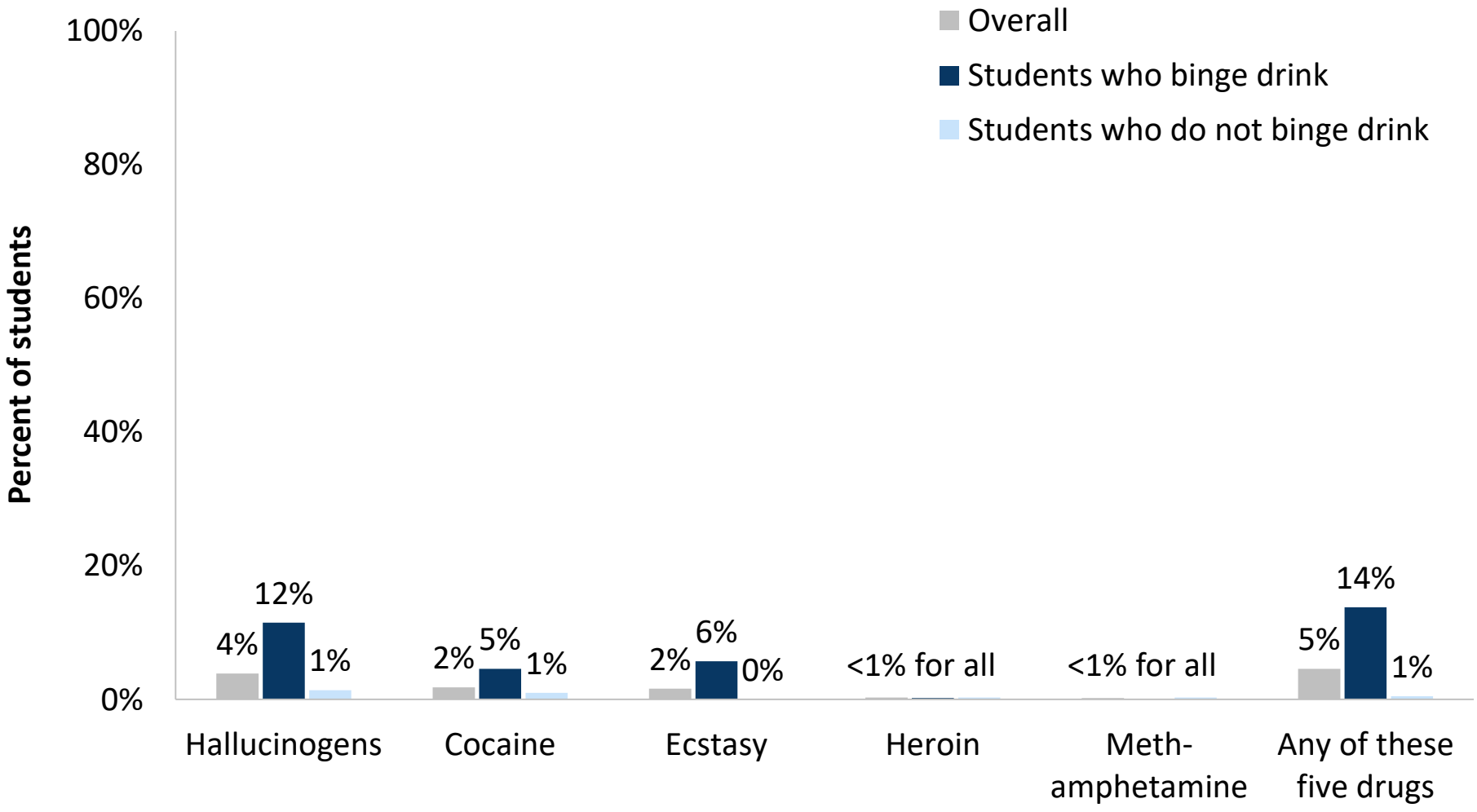
Overall and by Past-month Binge Drinking



Nonmedical use was defined as "taking a prescription medication that was not prescribed to you or that you took only for the experience or feeling it caused. If you overused your own prescription, like using too much or too frequently, that counts here too."

Other Drug Use during the Past Year among FSU Students

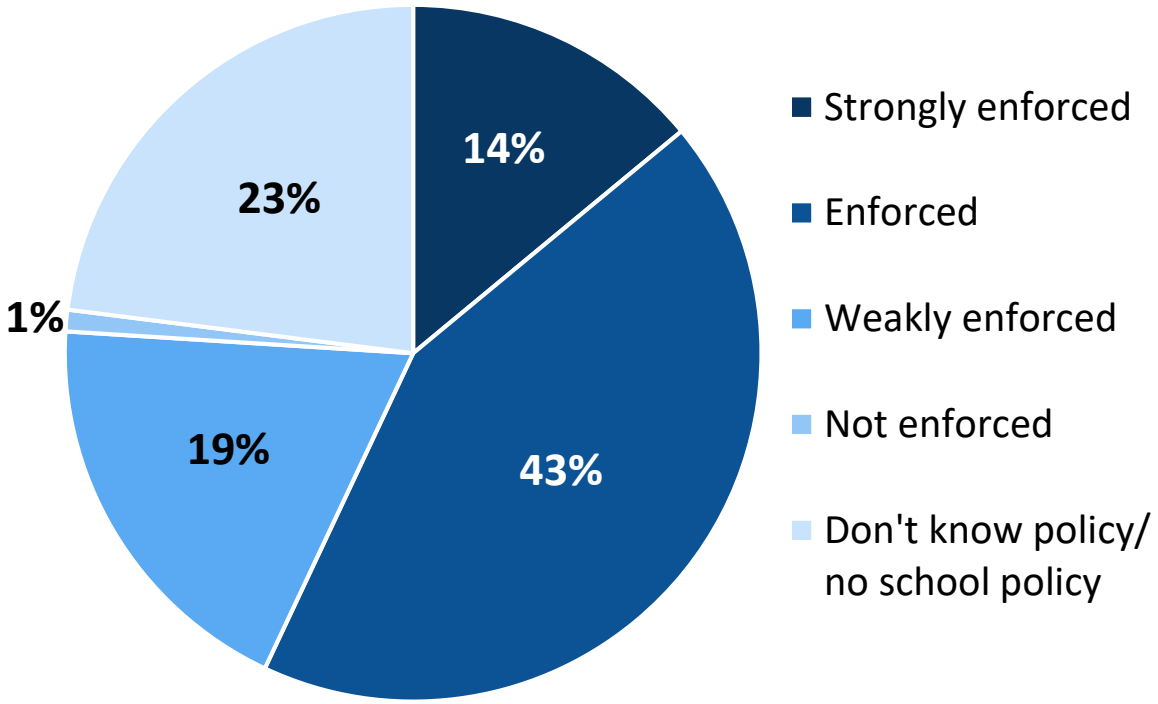
Overall and by Past-month Binge Drinking



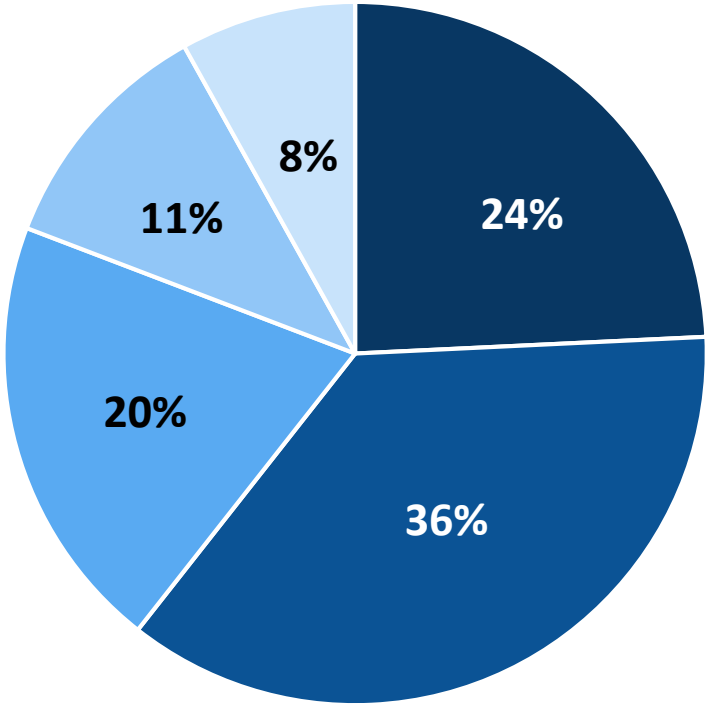
Enforcement of Alcohol Policies

How Strongly Do FSU Students Think School Alcohol Policies Are Enforced?

General Enforcement



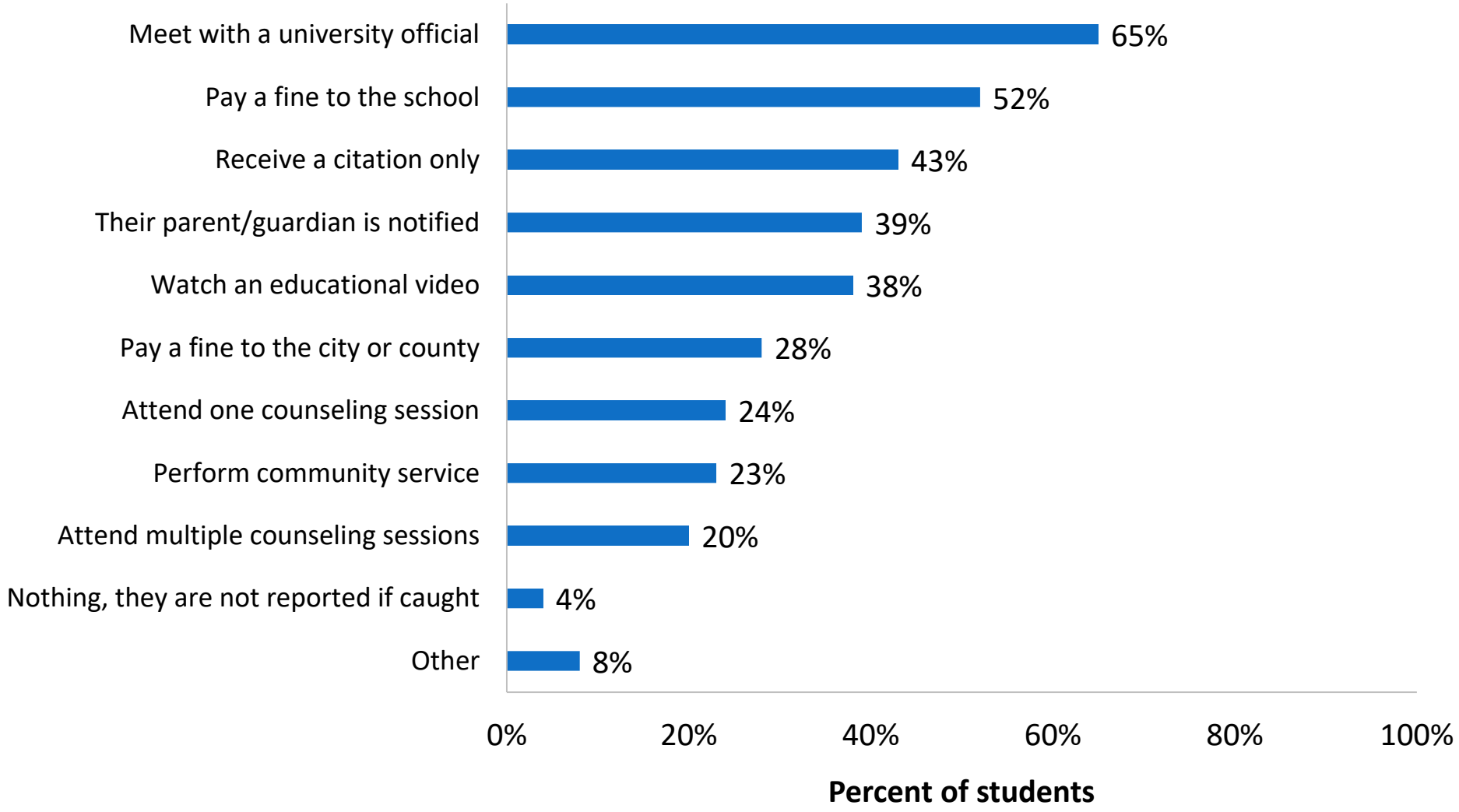
Enforcement by Resident Advisors*



Among students who live in residence halls (n=124)

Only **4%** of FSU past-month binge drinkers were caught violating an alcohol policy during the past year.

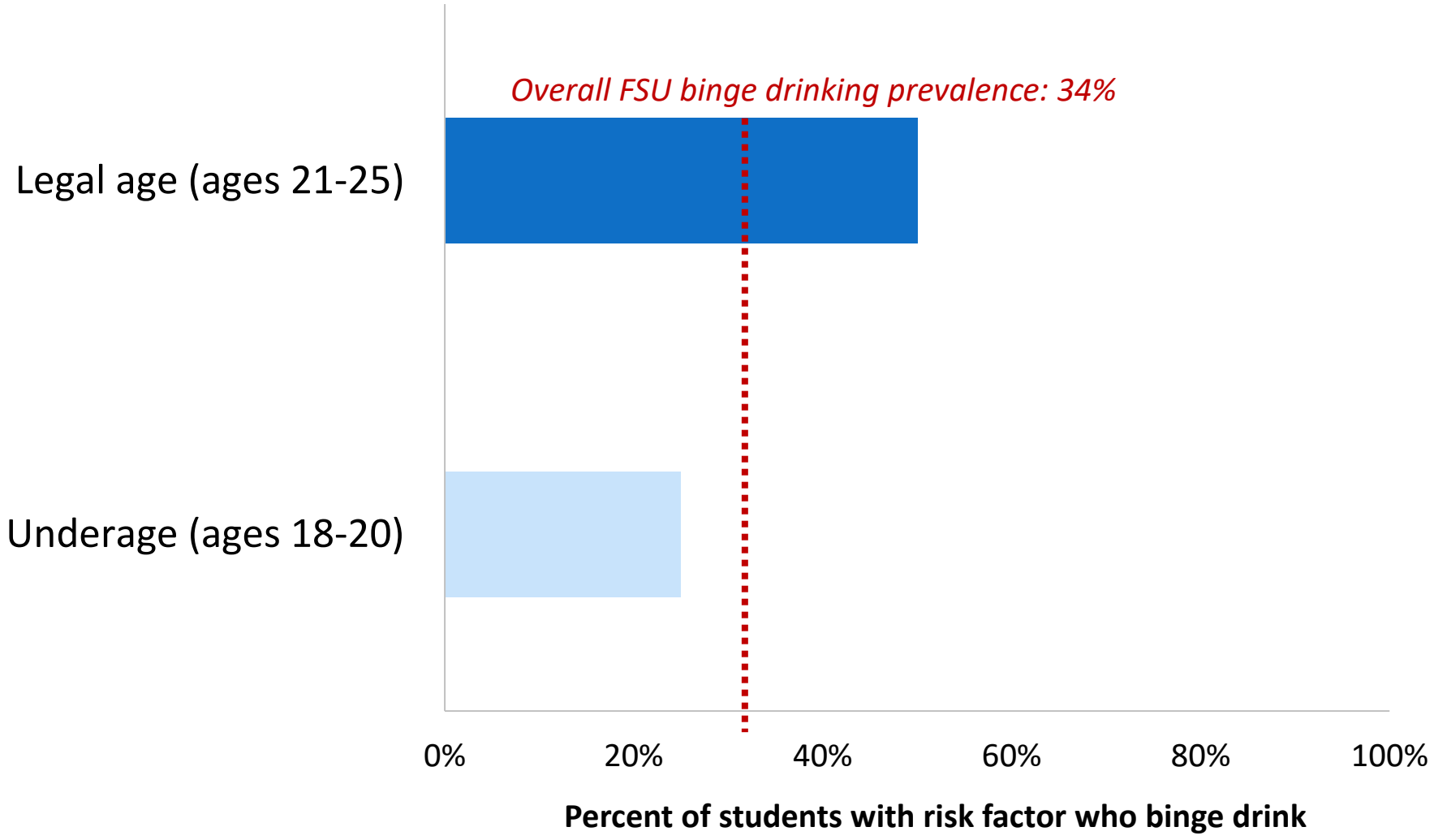
What Do FSU Students Think Happens When a Student Violates a School Alcohol Policy?



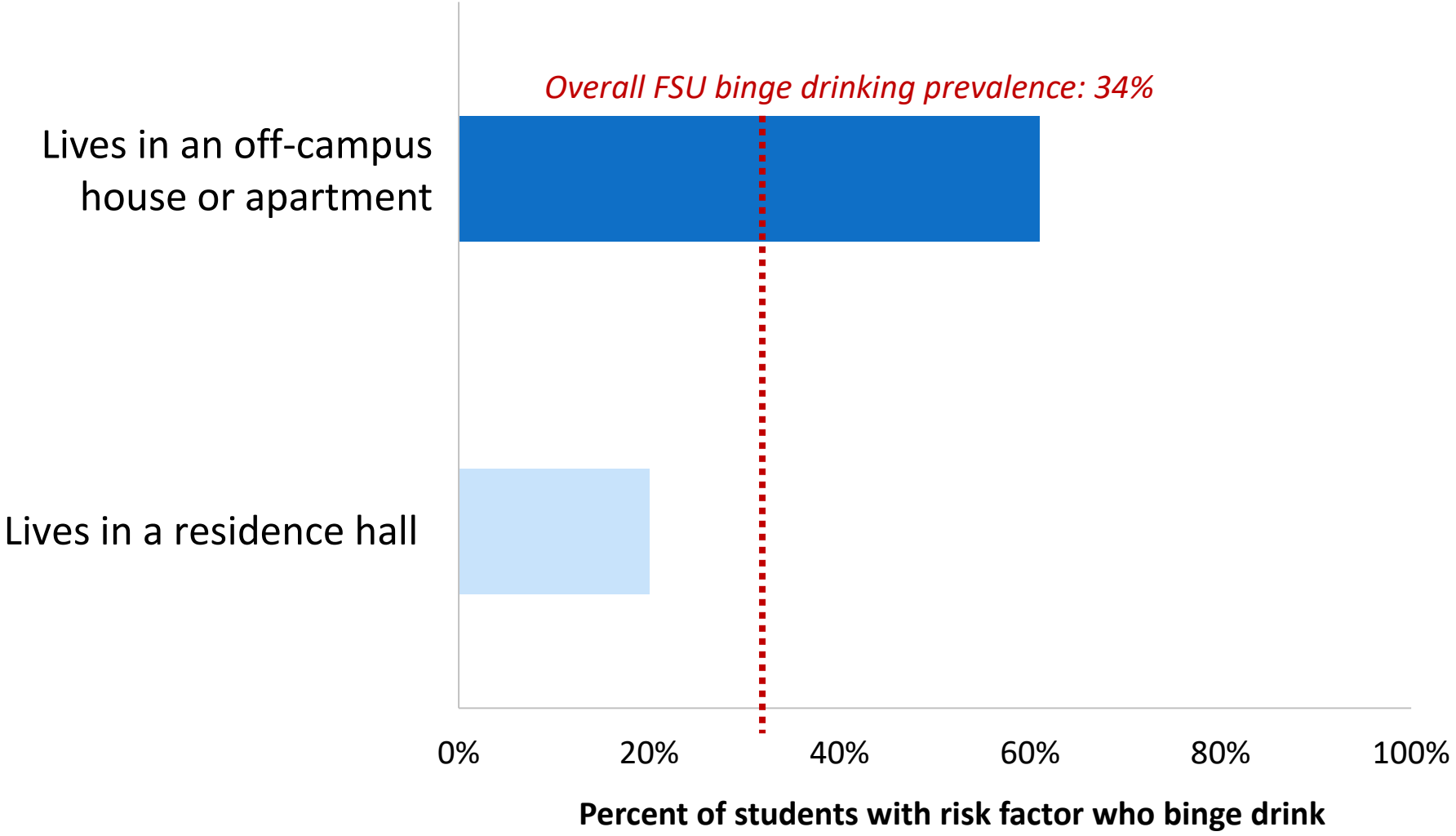
Students were asked, "What happens as a result if a student is caught violating a school alcohol policy?"

Identifying Students at Risk for Binge Drinking

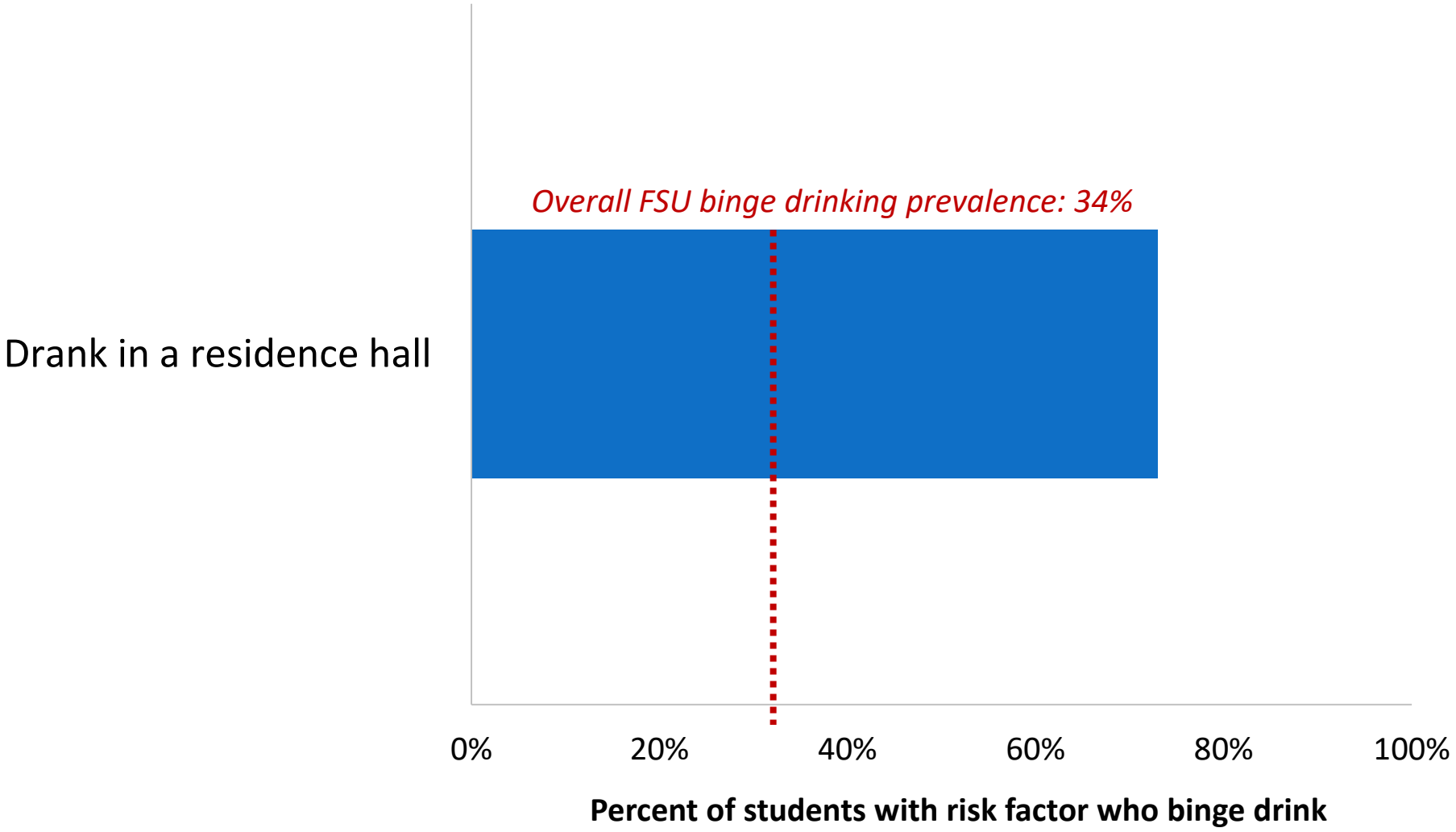
Legal Age Students at FSU
are at heightened risk for binge drinking



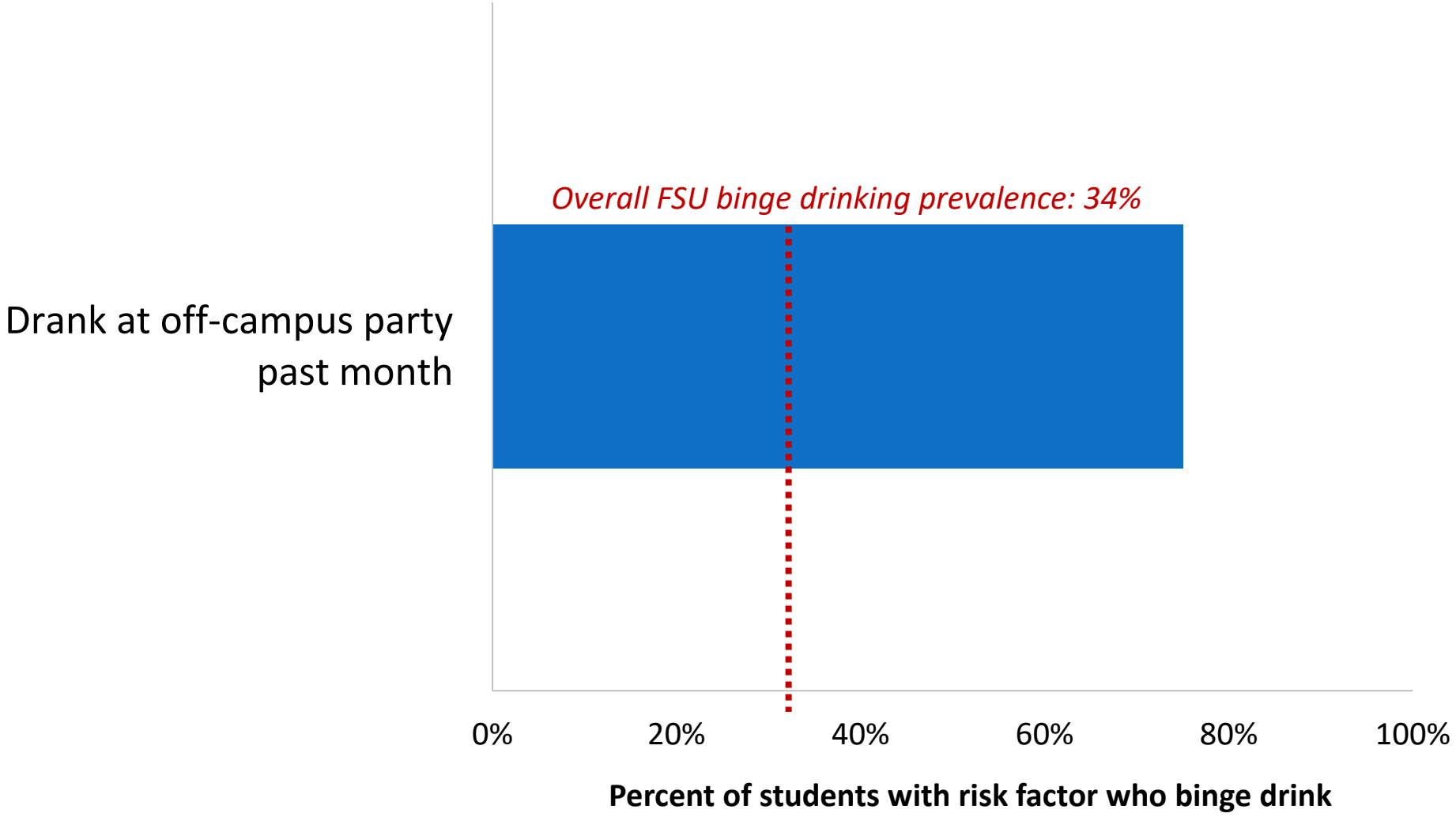
FSU Students Living Off-campus are at heightened risk for binge drinking



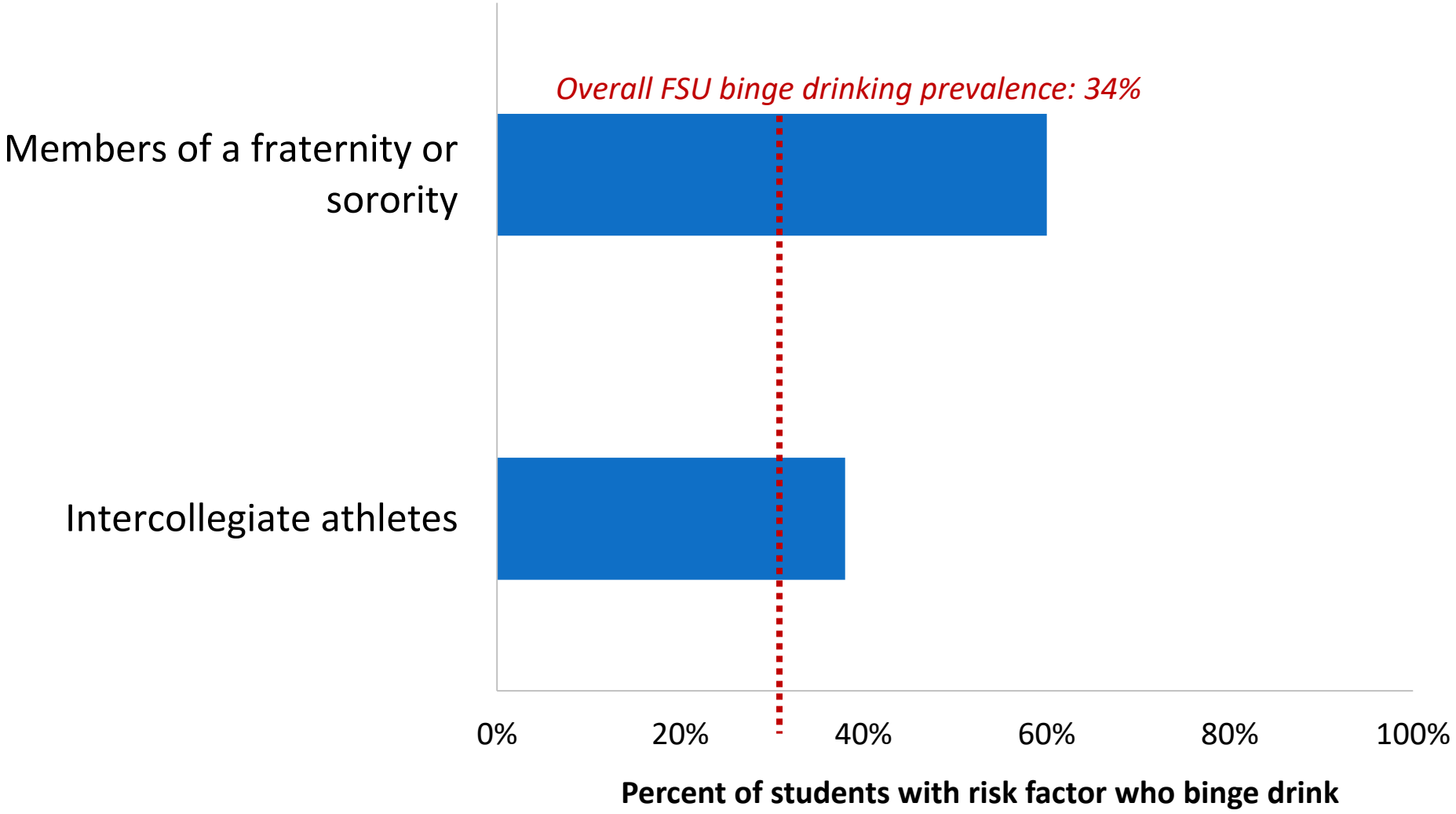
FSU Students Who Violate a Residence Hall Policy are at heightened risk for binge drinking



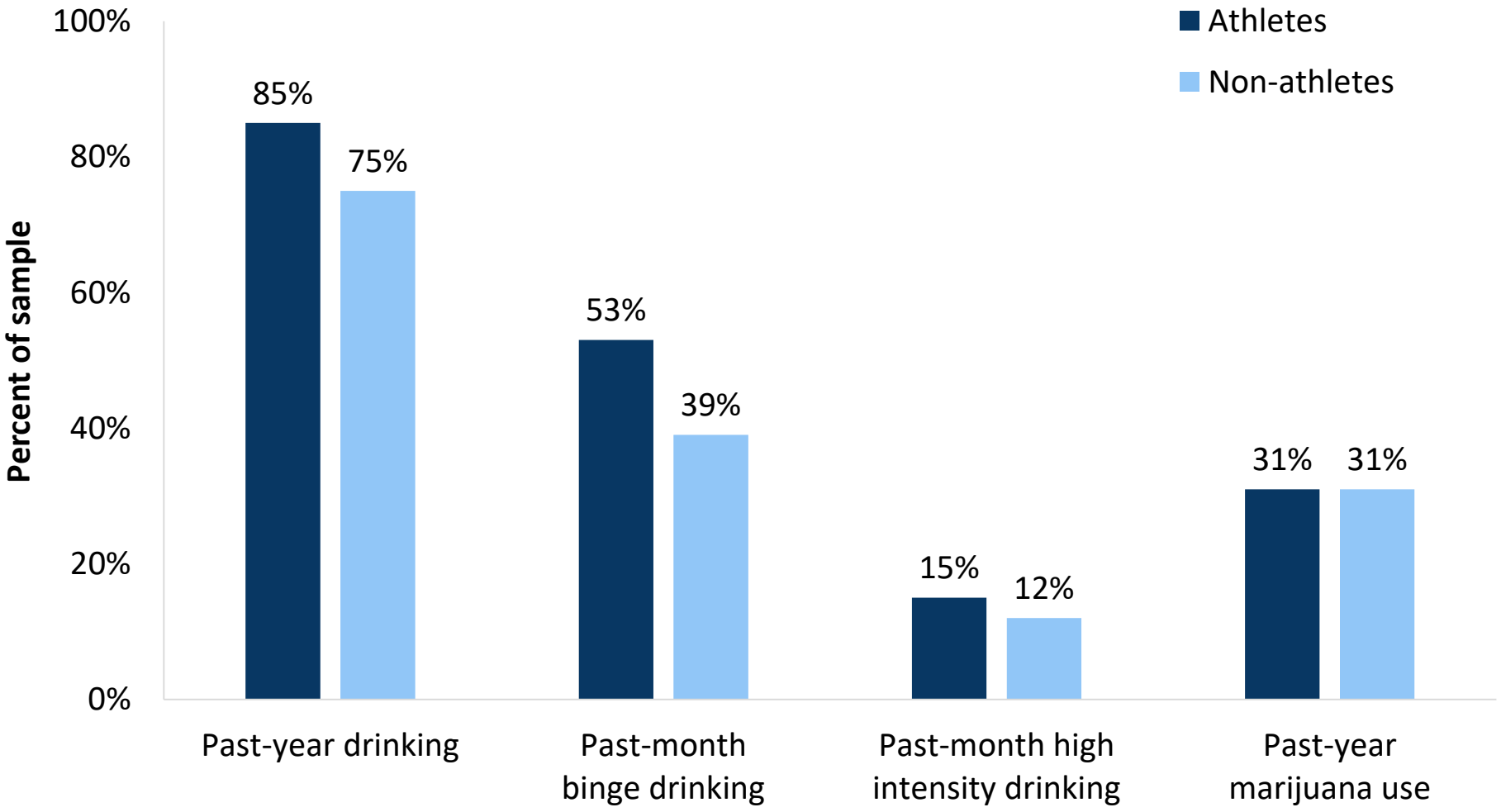
FSU Students Involved in High-risk Situations
are at heightened risk for binge drinking



FSU Students Involved in Greek Life and Athletics are at heightened risk for binge drinking

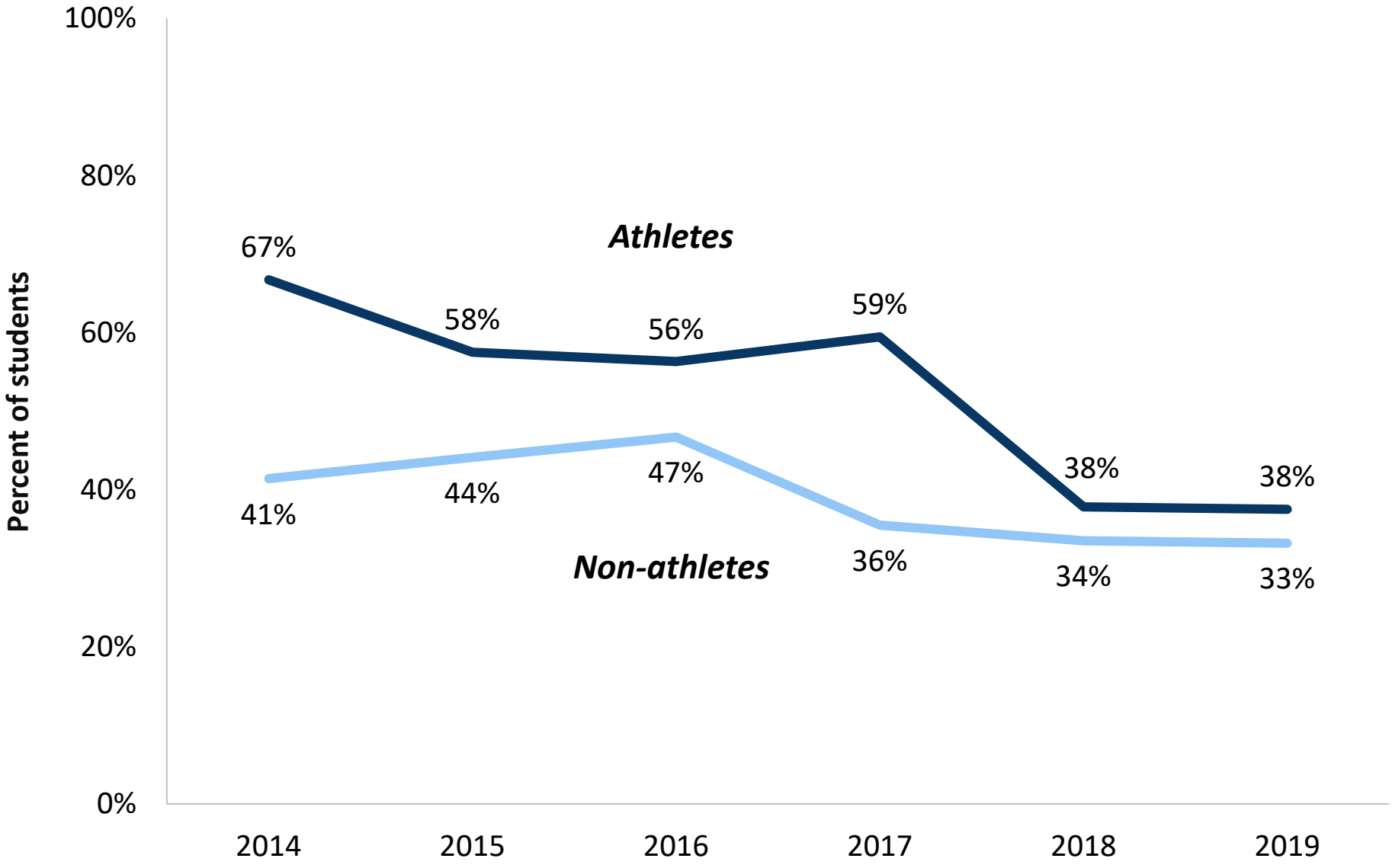


Alcohol and Marijuana Use among FSU Athletes and Non-athletes, 2014-2019*

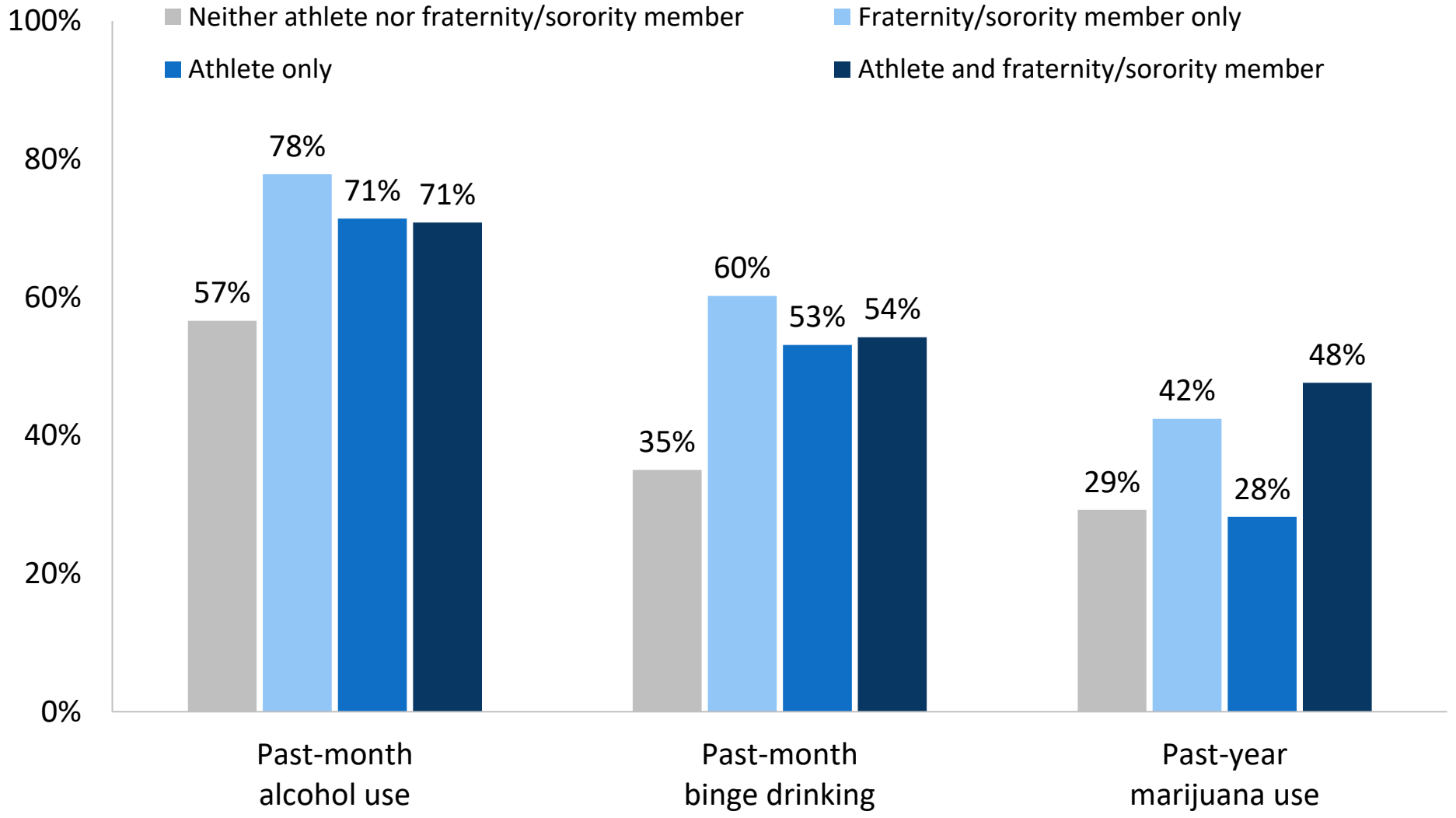


**The alcohol and marijuana sections of this figure use combined data from the MD-CAS 2014-2019 and 2015-2019, respectively.*

Binge Drinking by Year and Athlete Status



Alcohol and Marijuana Use among FSU Athletes and Fraternity/Sorority Members, 2014-2019*



**The alcohol and marijuana sections of this figure use combined data from the MD-CAS 2014-2019 and 2015-2019, respectively.*

Off-campus Enforcement and Social Host Ordinance

How Alcohol Was Obtained among FSU Past-month Drinkers Ages 18 to 20

	2019 *n*=85	2018 *n*=103	2017 *n*=127	2016 *n*=101	2015 *n*=137	2014 *n*=110
Someone gave it to me	62%	65%	65%	64%	71%	70%
I gave someone else money to buy it for me	45%	43%	37%	45%	49%	53%
Bought at a liquor store, convenience store, supermarket, discount store, or gas station	12%	17%	18%	17%	13%	5%
Bought at a restaurant, bar, or club	6%	13%	12%	12%	3%	3%
Other	22%	17%	17%	18%	13%	15%

How Alcohol Was Obtained among FSU Past-month Drinkers Ages 21 to 25

	2019 *n*=75	2018 *n*=100	2017 *n*=105	2016 *n*=170	2015 *n*=103	2014 *n*=145
Bought at a liquor store, convenience store, supermarket, discount store, or gas station	89%	95%	82%	92%	89%	92%
Bought at a restaurant, bar, or club	61%	71%	63%	73%	76%	70%
Someone gave it to me	15%	18%	32%	21%	25%	28%
I gave someone else money to buy it for me	4%	1%	3%	1%	4%	6%
Other	5%	6%	7%	6%	7%	6%

Perceptions about Police Response to Parties with Underage Drinking among FSU Students, 2019*

	Likely	Unlikely	Don't know
The party is shut down	91%	8%	2%
The party host receives a citation	74%	13%	13%
The school is informed	64%	24%	12%
The landlord receives a citation	48%	26%	26%
The police issue a verbal warning and leave with no further action taken	45%	43%	12%
Parents are informed	36%	45%	18%

**The corresponding survey question was "If the police find out about a loud and unruly party involving drinking by students who are under 21, how likely do you think any of the following are to happen?"*

Section C
Addressing Excessive Drinking and Related Problems at FSU

Frostburg Environmental-level Strategies

Work closely with local law enforcement to enforce the new loud and unruly party ordinance	Adopt effective policies such as prohibiting mention of alcohol in campus event flyers
Chief Smith, Jeff Graham, Don Swogger	Jeff Graham, Don Swogger
The City of Frostburg enacted a new social host ordinance in 2019. FSU can educate students and the community about the new law and coordinate enforcement with the City of Frostburg.	Frostburg can move toward the best practices of: 1) posting all campus alcohol policies and consequences in one place on the school's website and publicizing it to students; and 2) revising the campus alcohol policies to make them more clear and easier for students to understand.

FSU Individual-level Strategies

Screening in the Brady Health Center	Screening in Counseling and Psychological Services (CAPS)	Targeted alcohol interventions	Parental notification after first violation	Promotion of parent resources
Jennifer Anto	Patricia Robinson	Don Swogger	Carl Crowe	Ashton DeWitt
Brady Health Center screens students coming to the Health Center for substance abuse using several questions they created. They also assess students' readiness to change.	Students are screened for both mental health and alcohol use using the CCAPS tool at student intake and each session. There is currently no SBIRT-type protocol, though counselors are trained in motivational interviewing techniques.	Students who violate an alcohol policy are mandated to two sessions of eCHECKUP and counseling through the BSI program. All incoming full-time students complete AlcoholEdu.	The school will notify parents of any first-time offense and any subsequent offense for alcohol and drug use for underage students.	Frostburg actively promotes both the main Maryland Collaborative website and College Parents Matter on various webpages, and has promoted through social media and news blasts in the past.

Funding and Background

- The data contained in this presentation are derived from the Maryland College Alcohol Survey (MD-CAS), which is funded by the Behavioral Health Administration of the Maryland Department of Health.

- The Maryland Collaborative was established in 2012 and aims to use evidence-based strategies to reduce college student drinking and related problems.

- FSU is one of 17 colleges that comprise a partnership of institutions across the state whose presidents have agreed to join the initiative and work together to address underage and excessive drinking.

Alcohol Consumption and Related Problems among FSU Students:

Latest Findings and Recommendations for Action

Summer 2020

Amelia Arria, PhD[1]
Sara Benjamin-Neelon, PhD, JD, MPH, RD[2]
David Jernigan, PhD[3]
Malinda Kennedy, ScD[1]
Molly Mitchell, JD[2]

[1]University of Maryland School of Public Health; [2]Johns Hopkins Bloomberg School of Public Health; [3]Boston University School of Public Health

THE MARYLAND COLLABORATIVE
TO REDUCE COLLEGE DRINKING AND RELATED PROBLEMS

For more information, please contact Amelia Arria at aarria@umd.edu or (301) 405-9795

Excessive Drinking: A National Snapshot

Excessive Drinking

underage drinking *and* **binge drinking**

any drinking by people younger than age 21 or pregnant women is considered excessive

most common form of excessive drinking

Binge Drinking

5+ drinks
on one occasion for males

4+ drinks
on one occasion for females and transgender people

33%
college students
during the past month[1]

High Intensity Drinking

10+ drinks
on one occasion

1 in 10
college students
during the past two weeks[2]

[1]*Substance Abuse and Mental Health Services Administration. (2020). Results from the 2019 National Survey on Drug Use and Health: Detailed tables. Rockville, MD: US Department of Health and Human Services, Office of Applied Studies.*

[2]*Schulenberg, J. E., Johnston, L. D., O'Malley, P. M., Bachman, J. G., Miech, R. A., & Patrick, M. E. (2019). Monitoring the Future: National survey results on drug use, 1975–2018: Volume 2, college students and adults ages 19–55. Ann Arbor, MI: Institute for Social Research, The University of Michigan.*

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    2. Alcohol-related Direct Consequences and Harms to Others
    3. Access to Alcohol
    4. On- and Off-campus Enforcement of Alcohol Policies
    5. Overlap between Alcohol and Other Substance Use
    6. Opportunities for Screening and Intervention
    7. Students at Risk for Binge Drinking/Cannabis Use
    8. Parental Permissiveness towards Substance Use
C. Addressing Excessive Drinking and Related Problems at FSU

Section A

Trends in Alcohol Use:

Overall MD-CAS Sample, 2014-2020

Definitions of Alcohol Risk Groups in the MD-CAS

LOW RISK
Students who ***did not drink*** during the past year (including lifetime abstainers)

MODERATE RISK
Drank during the past year, but ***did not binge drink**** during the past month

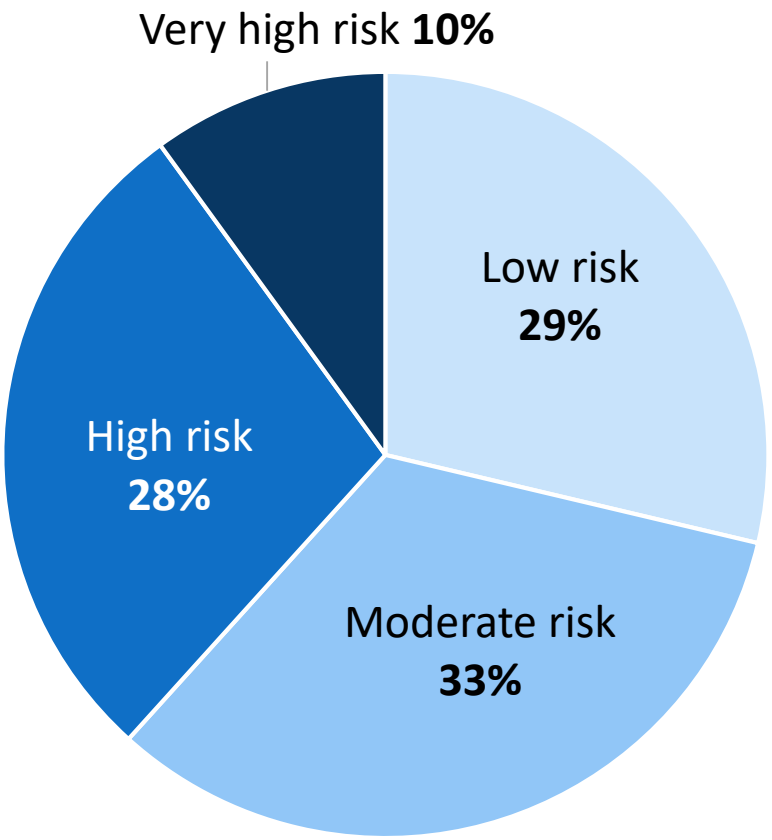
HIGH RISK
Binge drinking one to four times during the past month

VERY HIGH RISK
Binge drinking five or more times during the past month

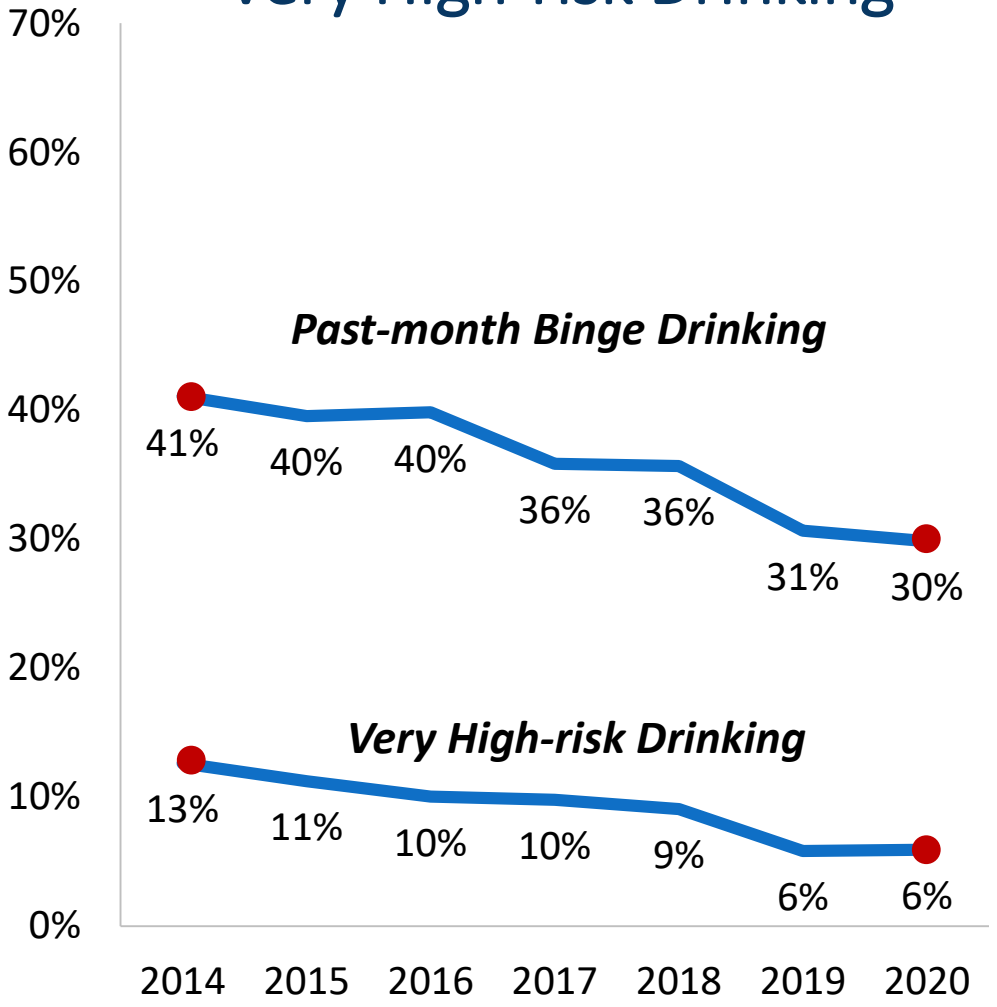
Binge drinking *is defined as consuming 5 or more drinks for males/4 or more for females and transgender people on the same occasion (i.e., in a row or within a few hours) on at least one day during the past 30 days.*

Overall MD-CAS Sample (2020 *N*=4,019)

Alcohol Risk Groups, 2020



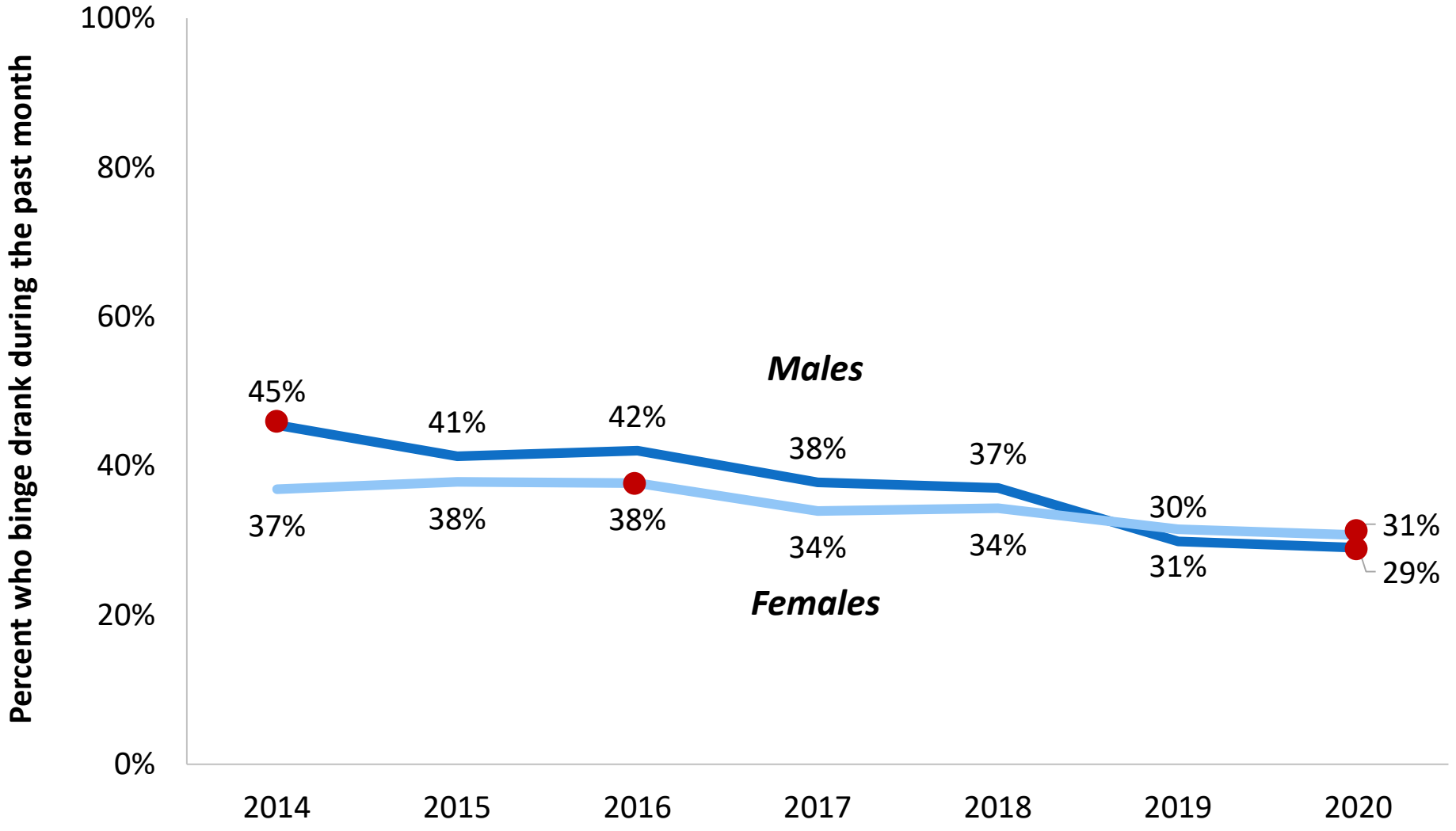
Trends in Binge and Very High-risk Drinking



● *Statistically significant change between the years indicated by the red dots. p=.05 was used as the threshold for statistical significance.*

Trends in Binge Drinking by Gender

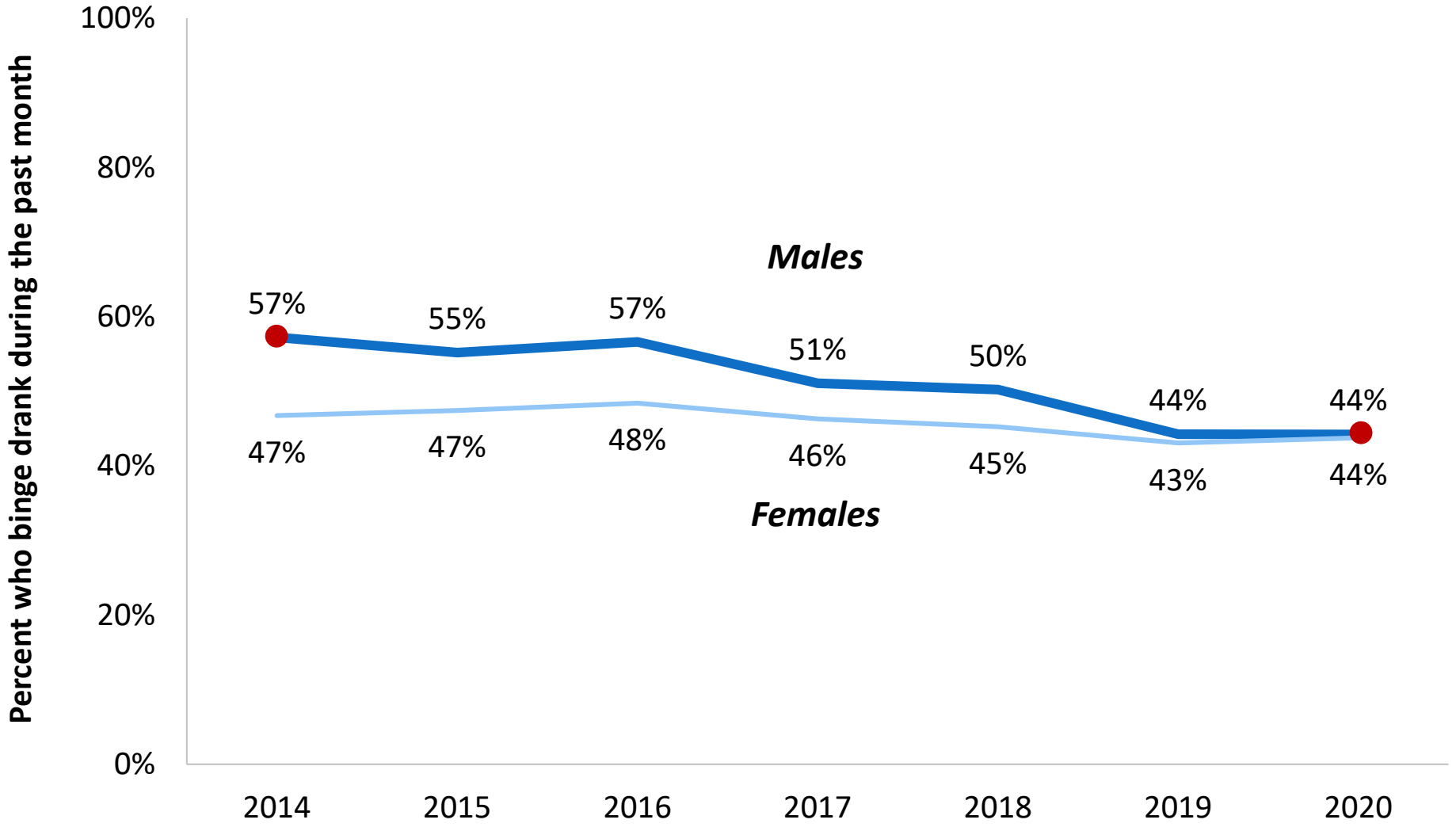
Overall MD-CAS Sample, 2014-2020, among All Students



Statistically significant change between the years indicated by the red dots.

Trends in Binge Drinking by Gender

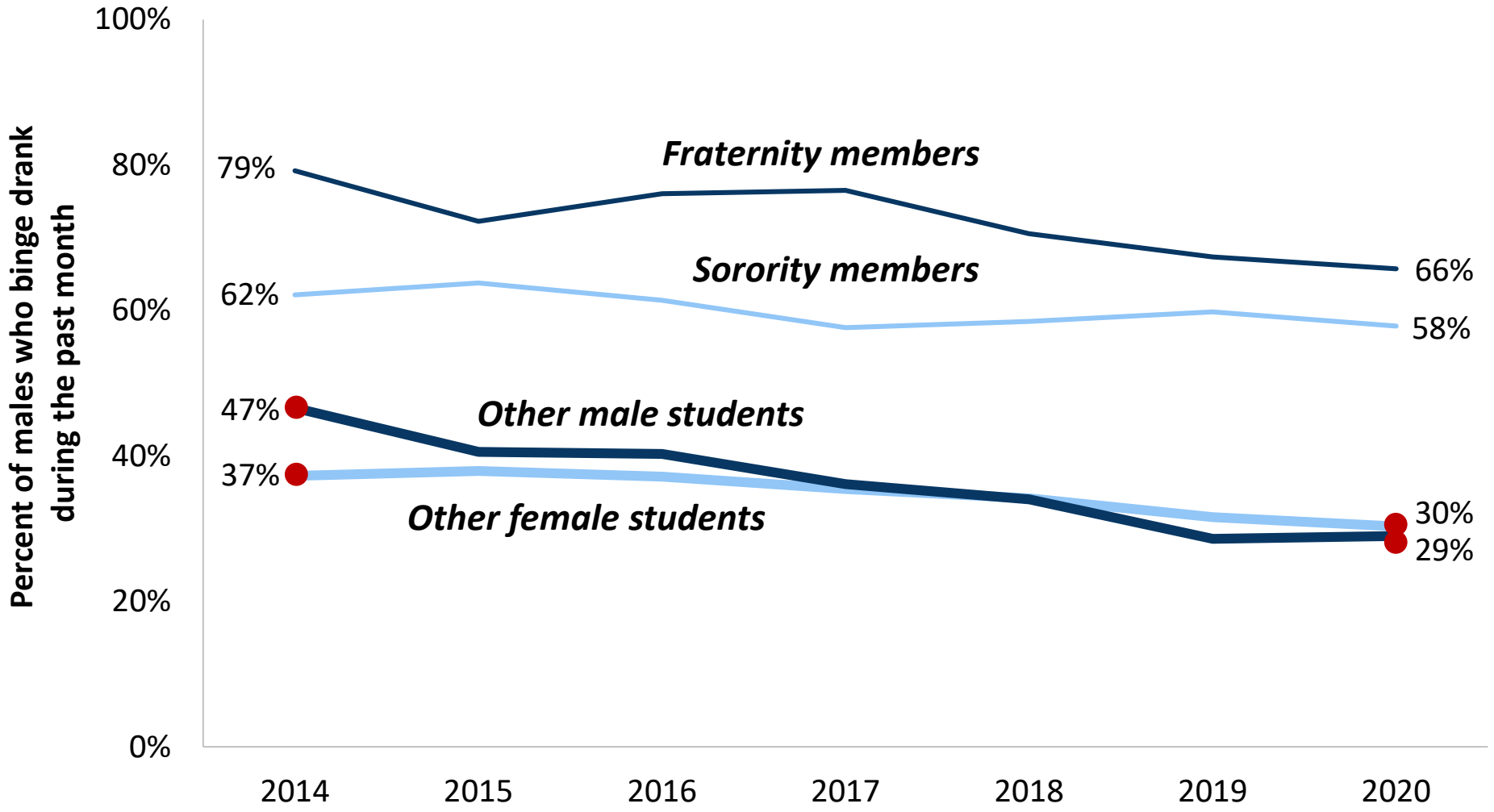
Overall MD-CAS Sample, 2014-2020, among Past-year Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

Trends in Binge Drinking by Fraternity/Sorority Membership*

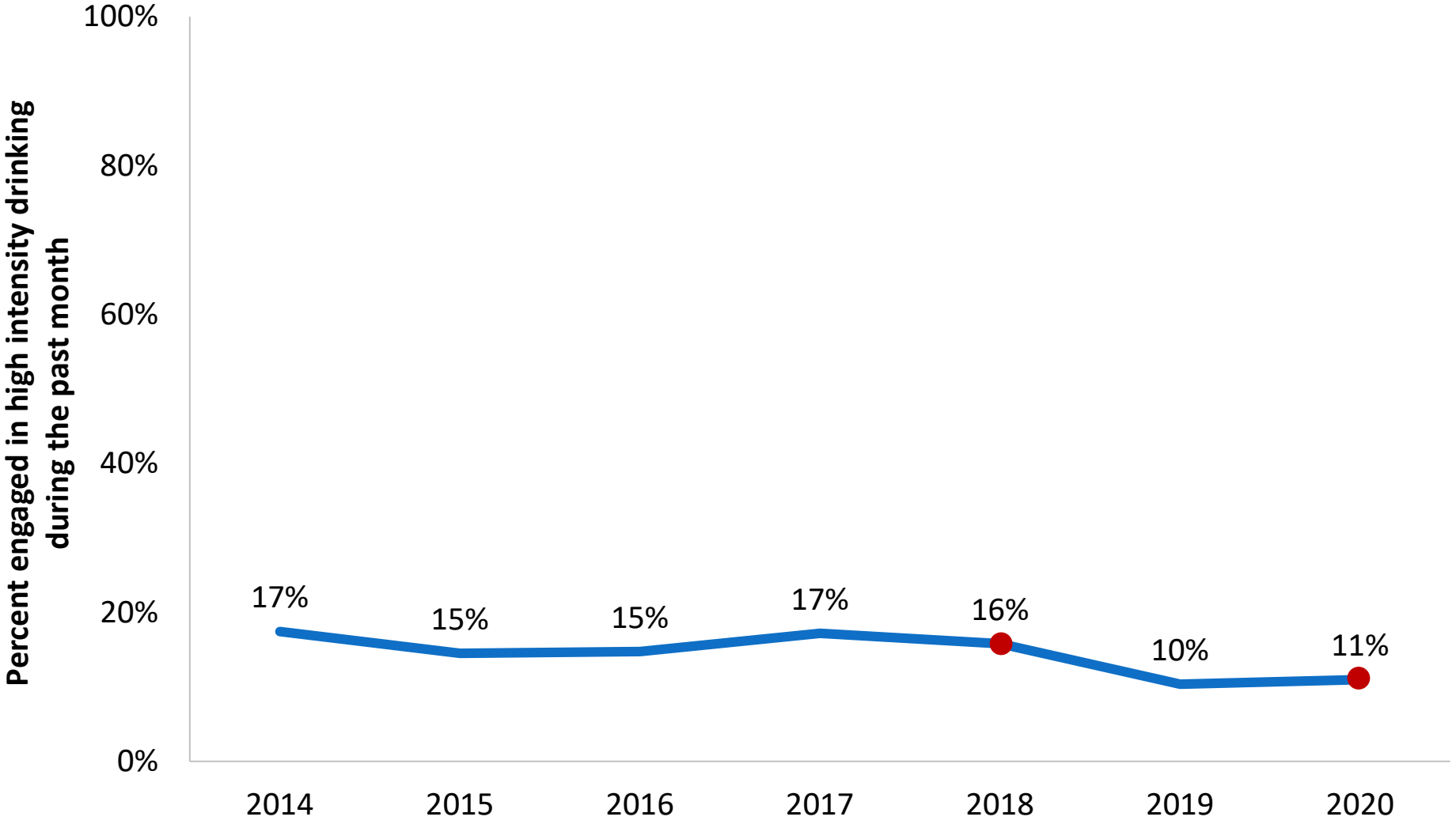


*Among students at schools with sororities/fraternities; past-month binge drinking

Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

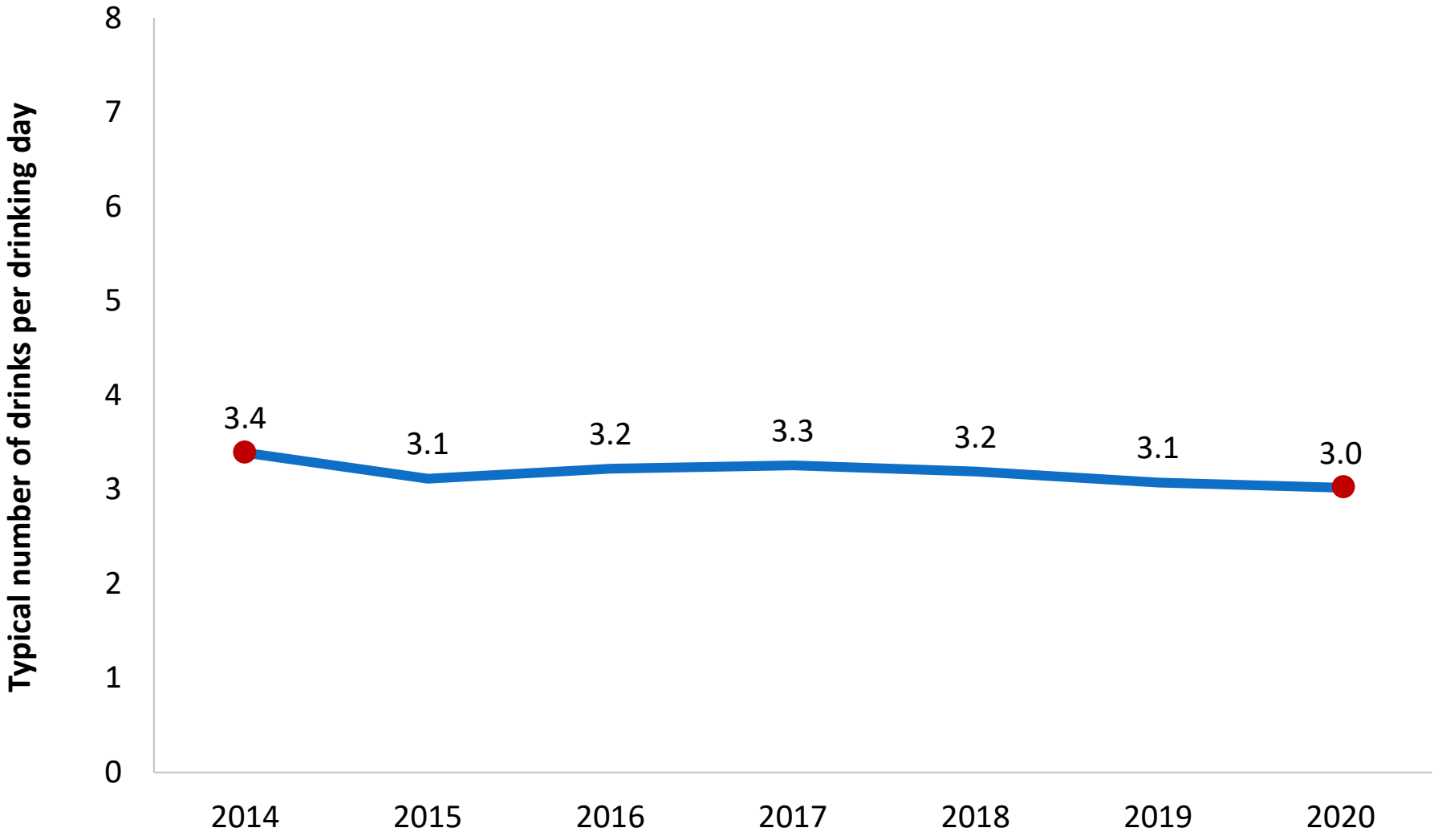
High Intensity Drinking during the Past Month among Past-month Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

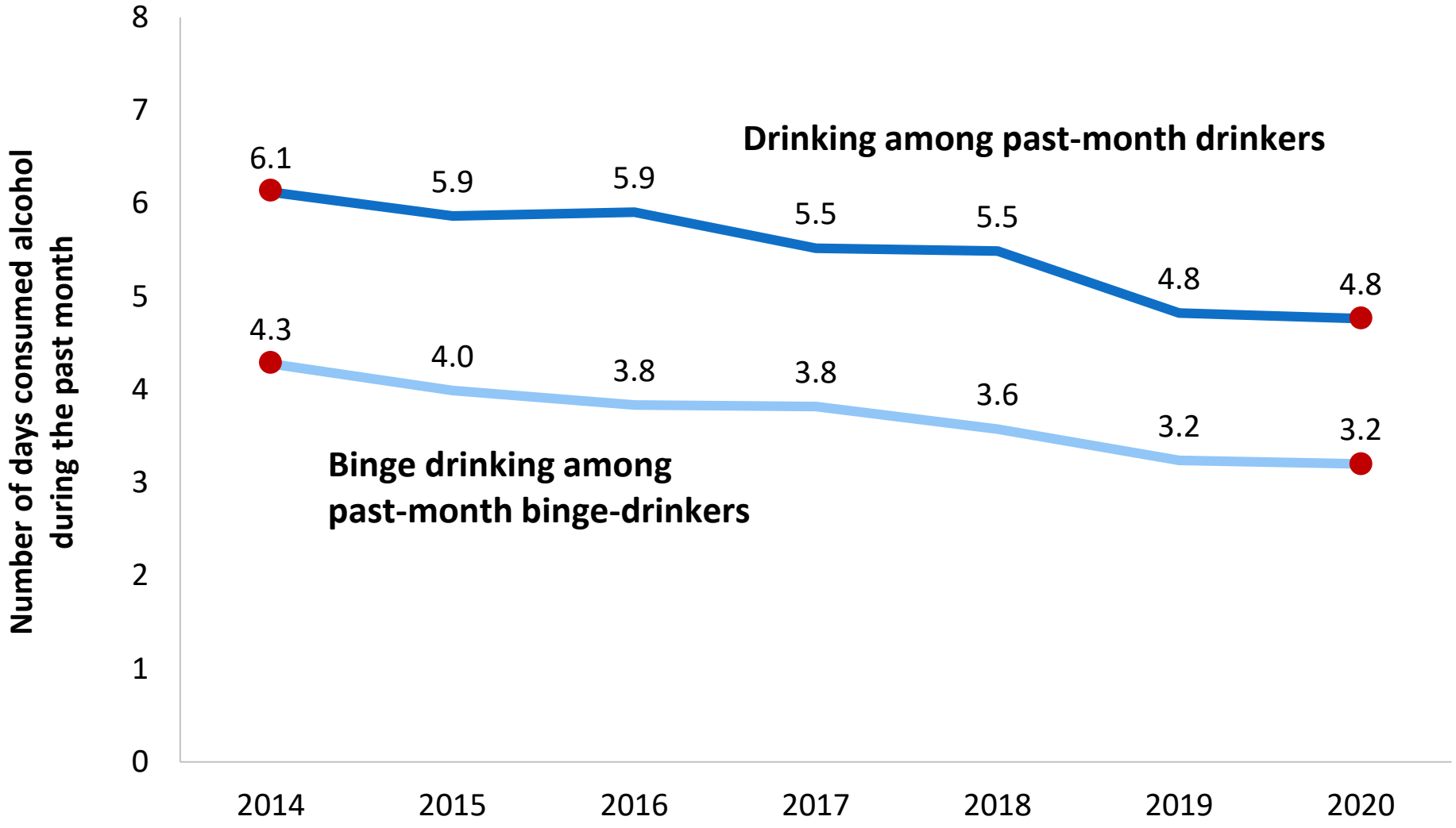
Typical Number of Drinks per Drinking Day among Past-month Drinkers



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

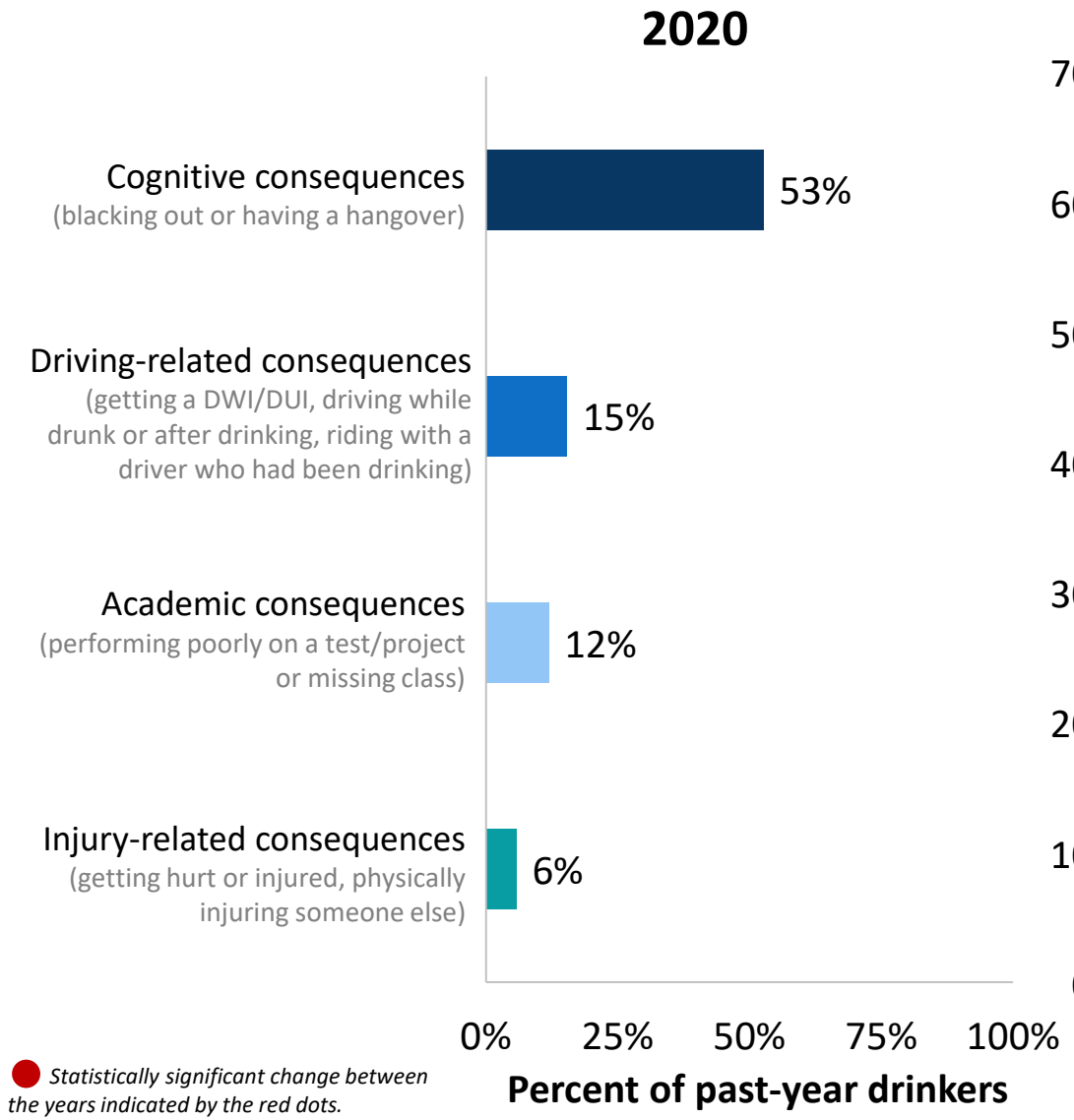
Number of Days Consumed Alcohol during the Past Month

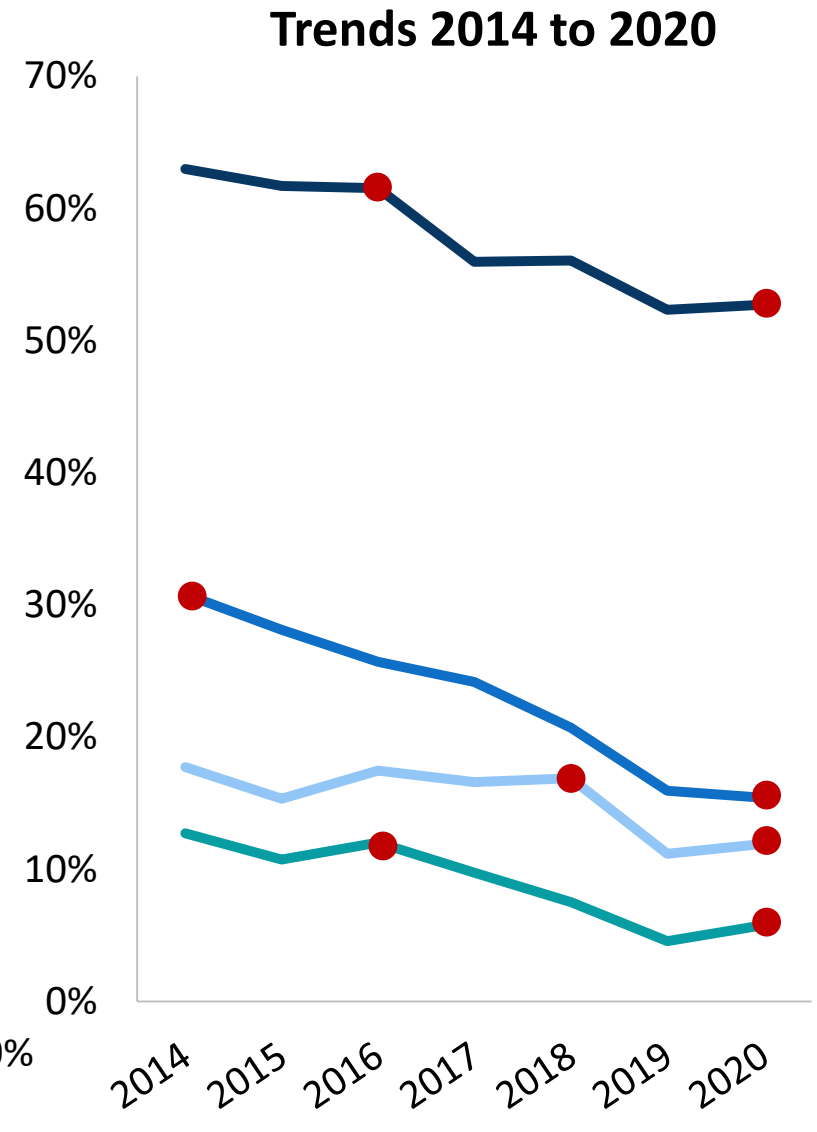


Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

Consequences of Alcohol Use among Past-year Drinkers

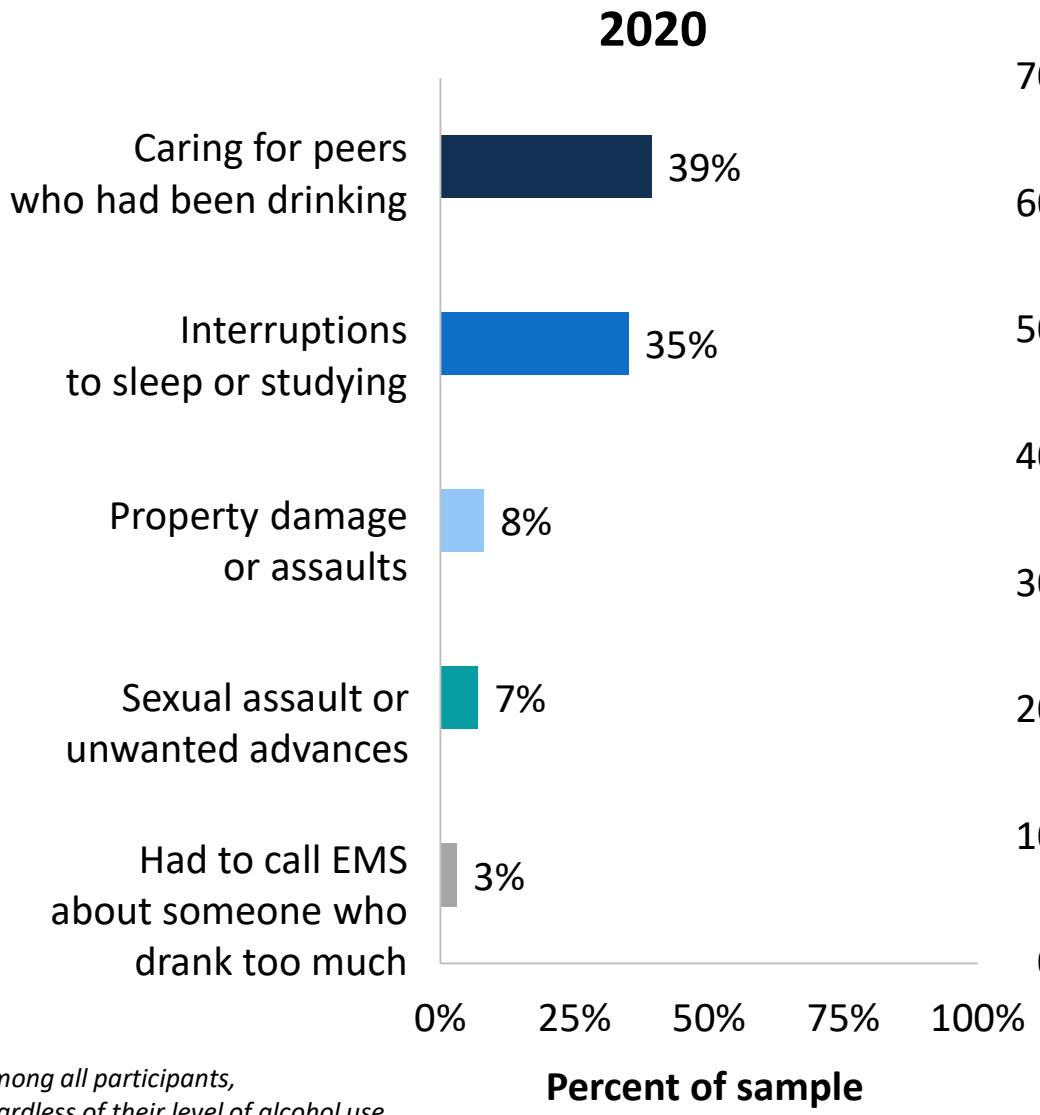


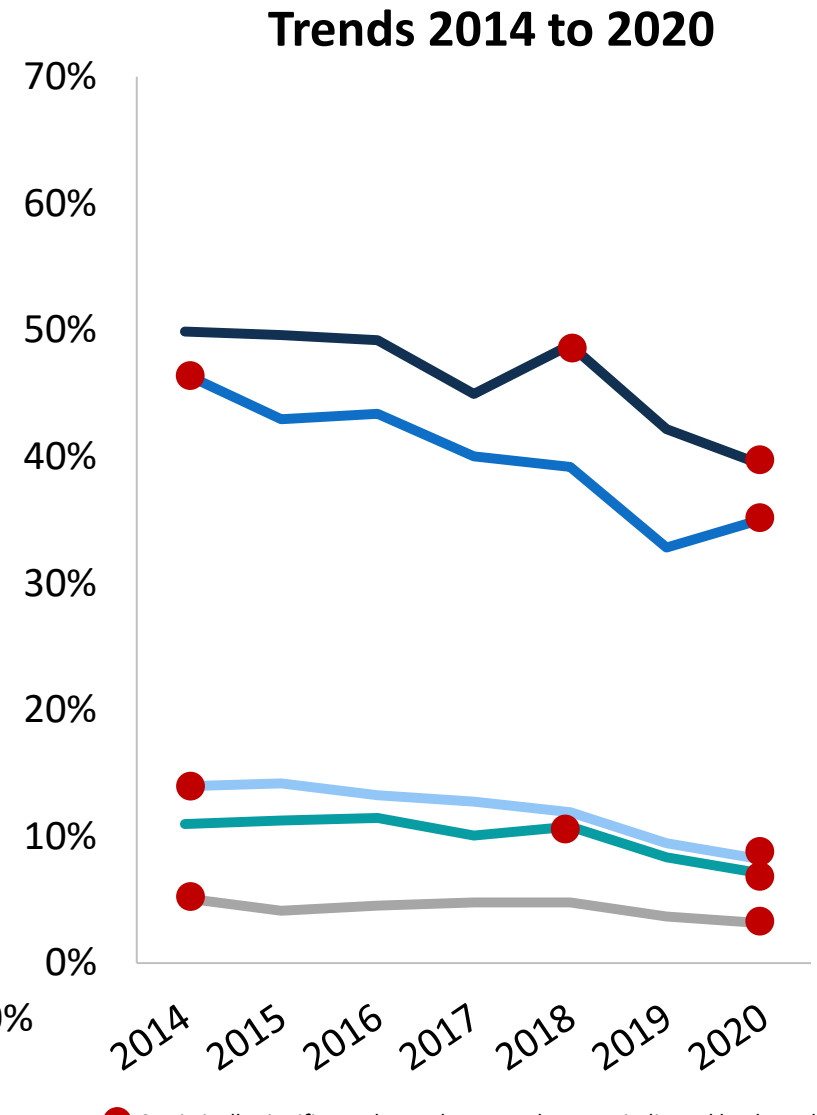


● *Statistically significant change between the years indicated by the red dots.*

Overall MD-CAS Sample, 2014-2020*

Harms Experienced as a Result of Someone Else's Alcohol Use



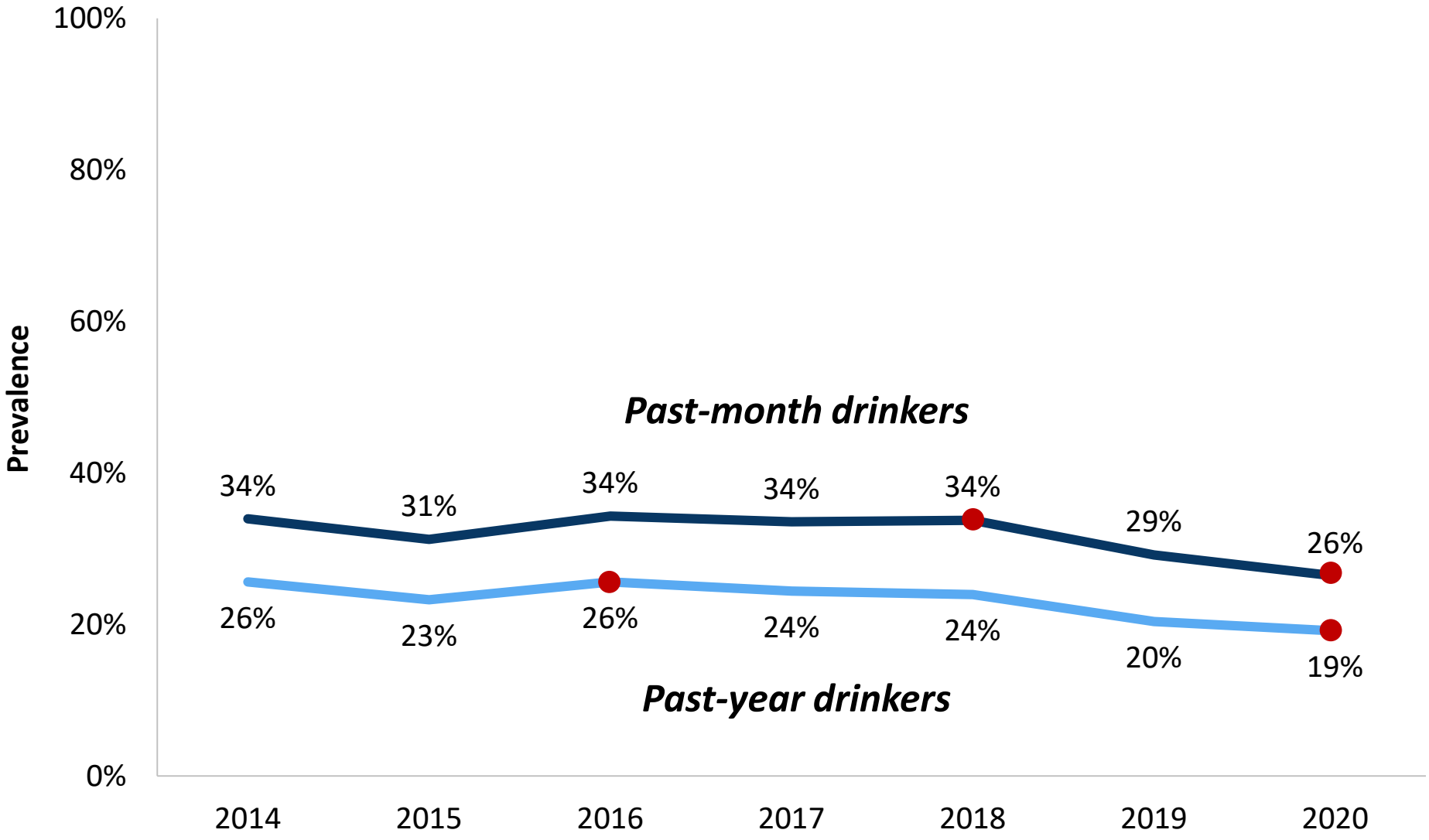


*Among all participants, regardless of their level of alcohol use

● Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

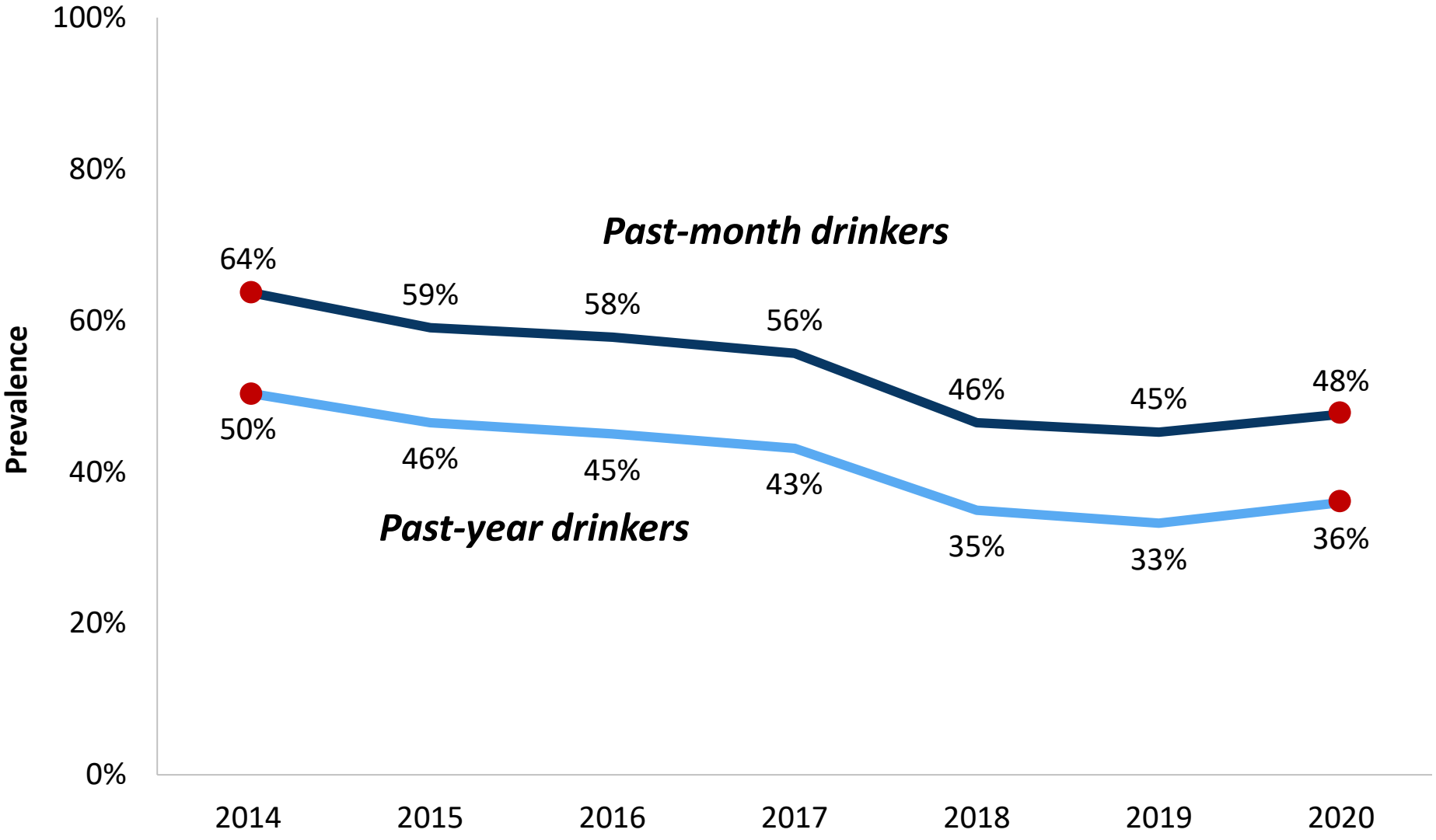
Drinking in Residence Halls



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

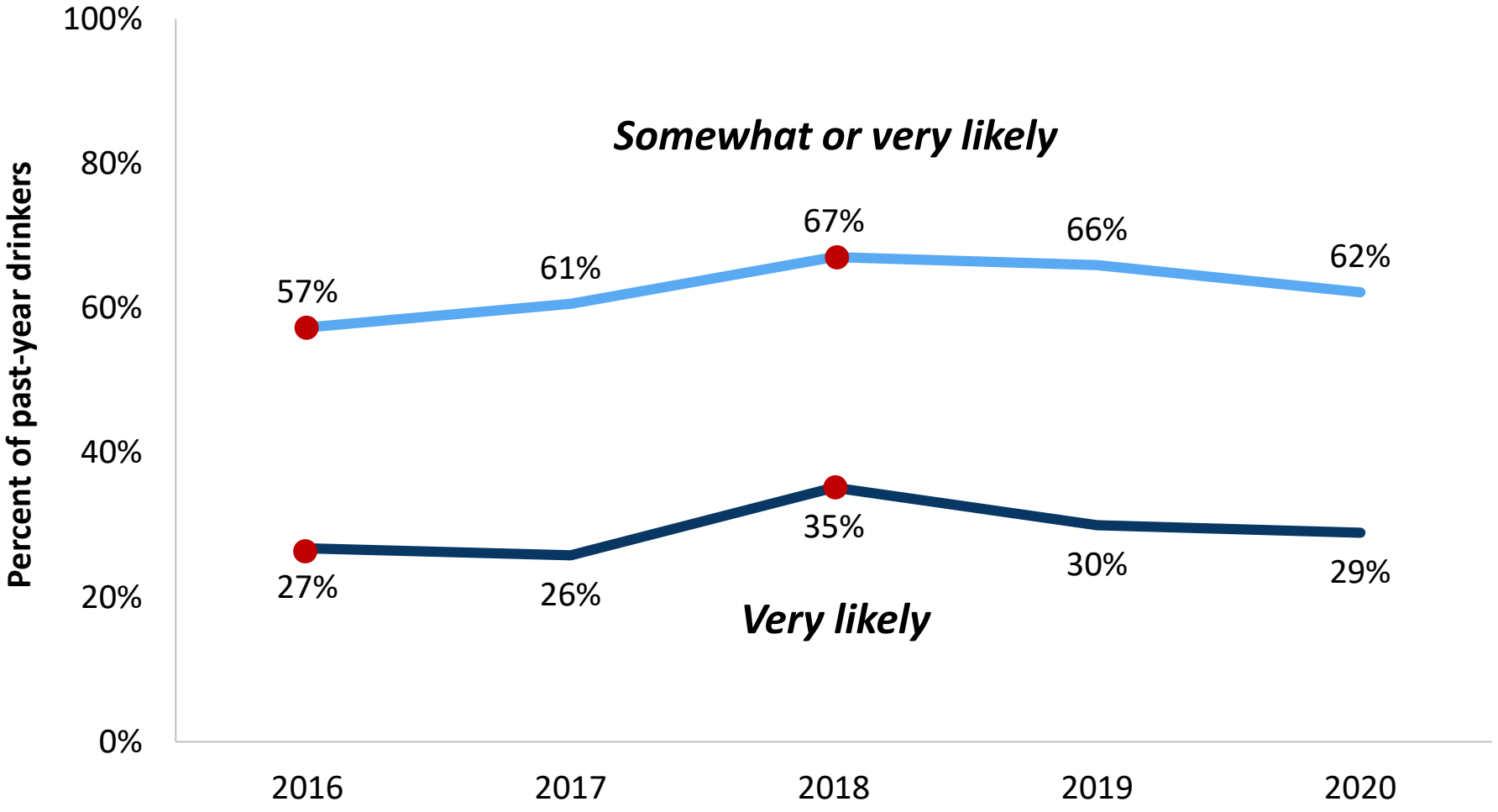
Drinking at Off-campus Parties



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2016-2020*

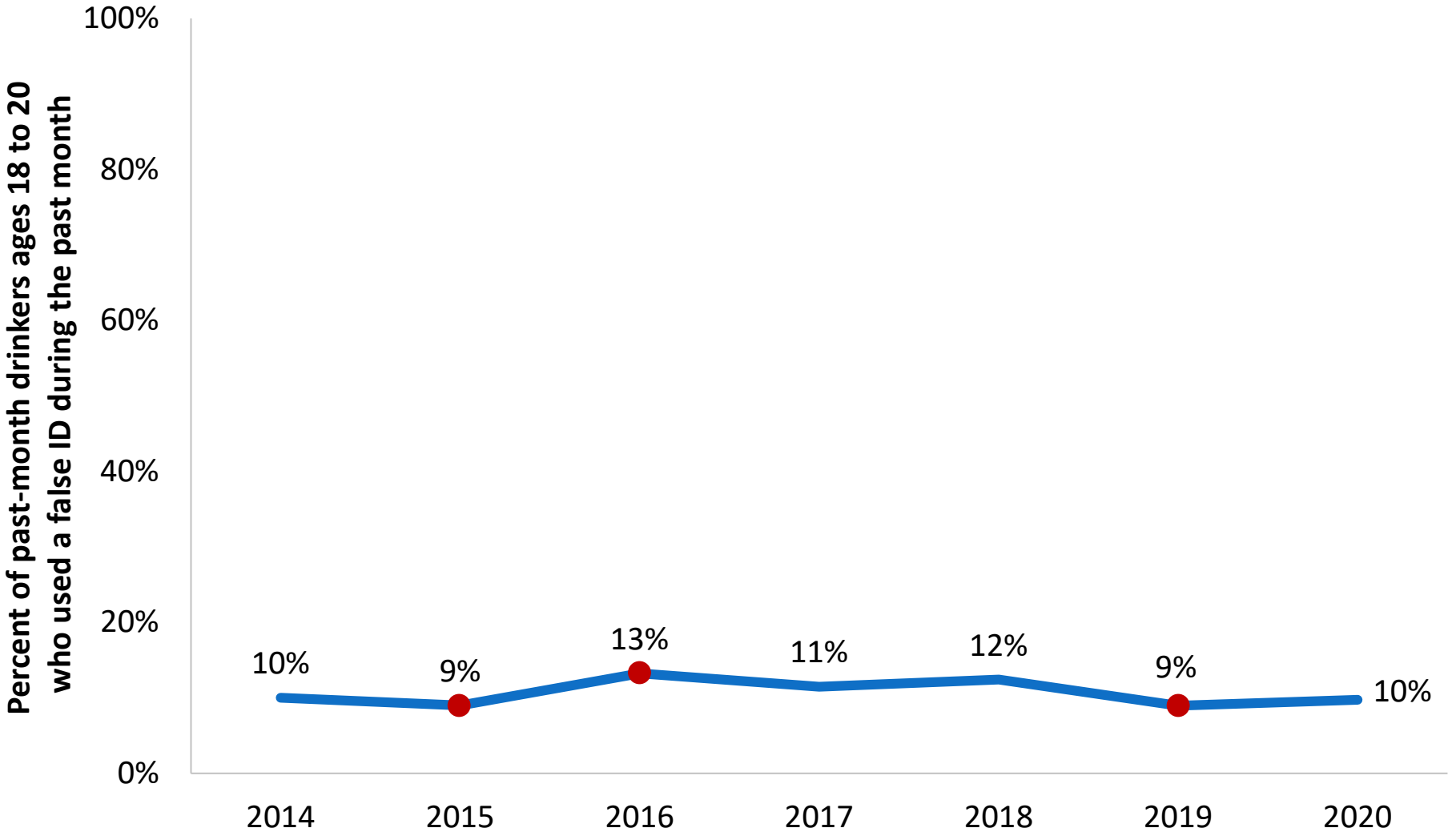
Perceived Likelihood of Party Host Receiving a Citation When Police Respond to a Party with Underage Drinking



*Among past-year drinkers. ● Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2014-2020

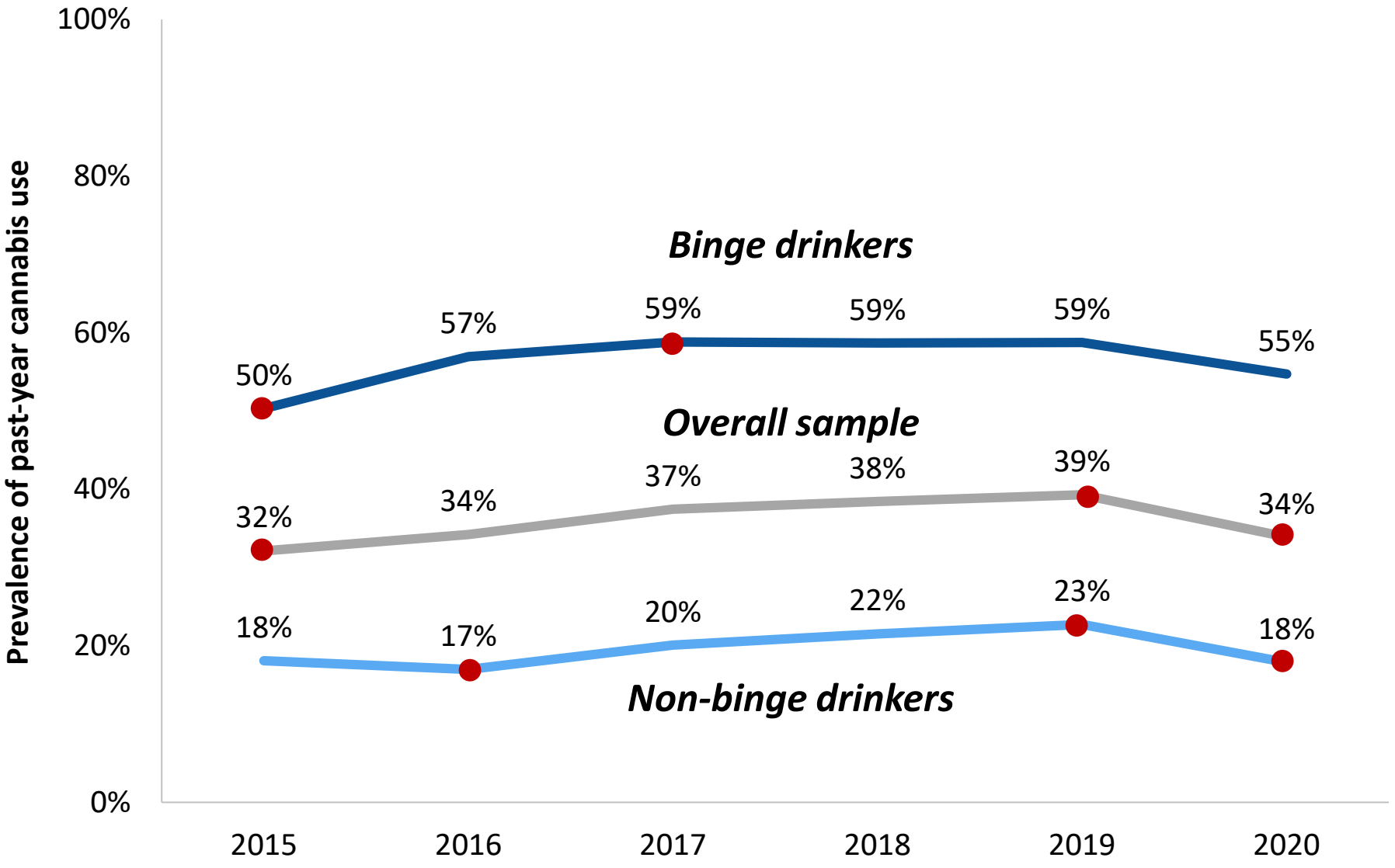
False ID Use among Past-month Drinkers Ages 18 to 20



Statistically significant change between the years indicated by the red dots.

Overall MD-CAS Sample, 2015-2020

Past-year Cannabis Use

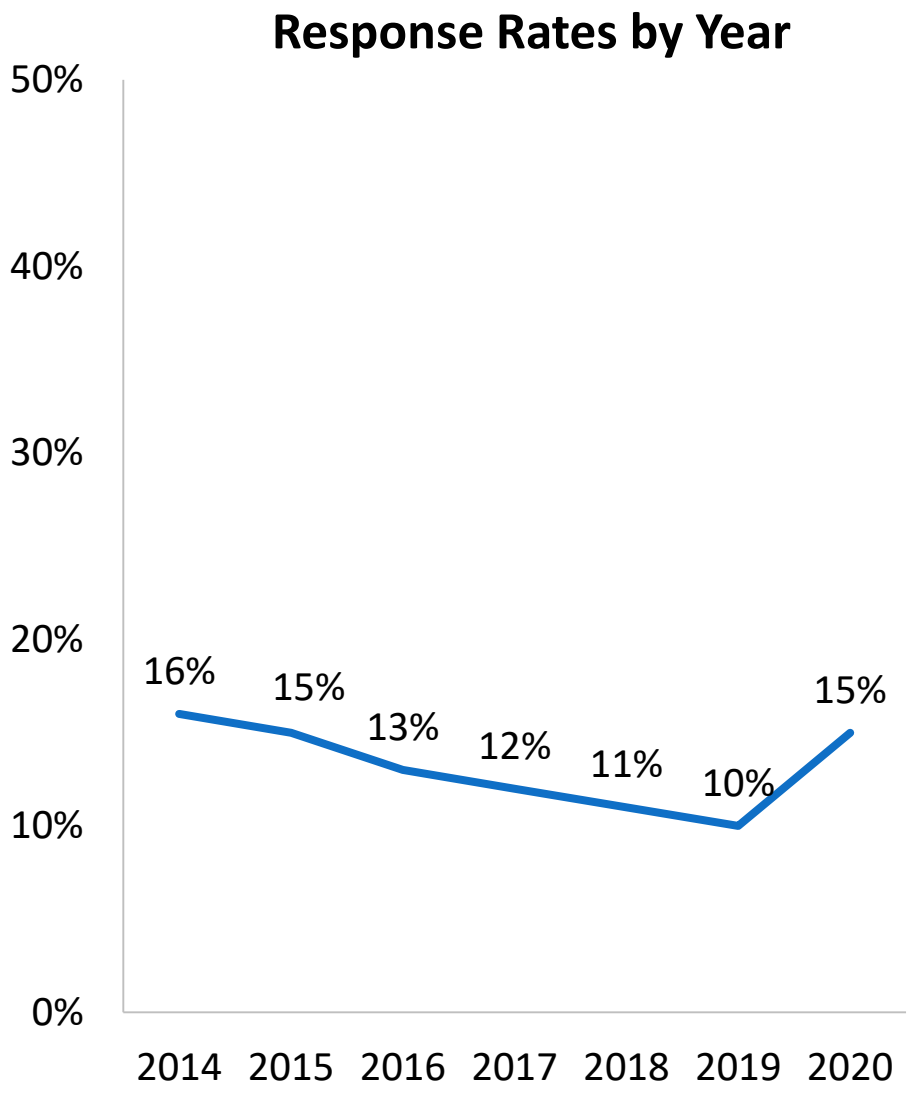


Statistically significant change between the years indicated by the red dots.

Section B
Maryland College Alcohol Survey (MD-CAS) Results:
FSU, 2020

FSU Participation in the MD-CAS

- Partner schools are required to participate in the MD-CAS at least every other year
- 4,059 students from ten schools participated in the MD-CAS 2020
- FSU has participated in the MD-CAS annually since 2014
- In 2020, 428 full-time undergraduate FSU students ages 18 to 25 participated (15% response rate)



FSU MD-CAS 2020 Sample Sizes

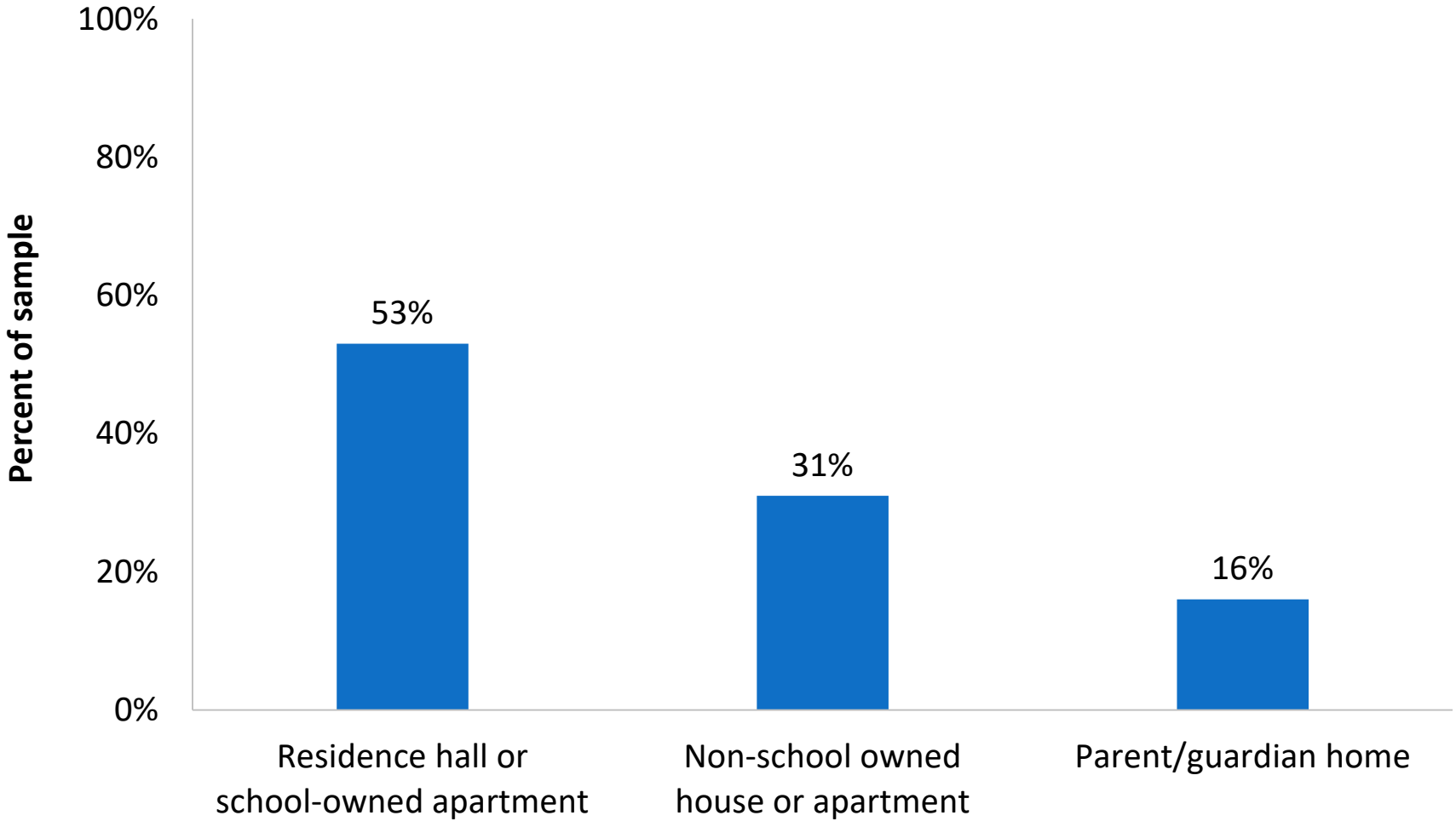
- 67% of the sample were past-year drinkers (*n*=288)
- 50% of the sample were past-month drinkers (*n*=212)
- 30% of the sample were past-month binge drinkers (*n*=126)

Demographics of Sample Compared with Overall Student Body for FSU

	FSU MD-CAS 2020 Sample	Overall FSU Student Body*
Gender		
Female	57%	47%
Male	43%	53%
Race/ethnicity		
Non-Hispanic White	55%	52%
Non-Hispanic Black/African-American	28%	36%
Hispanic	8%	6%
Other or Multiracial	7%	5%
Non-Hispanic Asian/Pacific Islander	2%	2%
Age		
18 to 21	85%	79%

**National Center for Education Statistics. (2020). Integrated postsecondary education data system. Available at: http://nces.ed.gov/ipeds/*

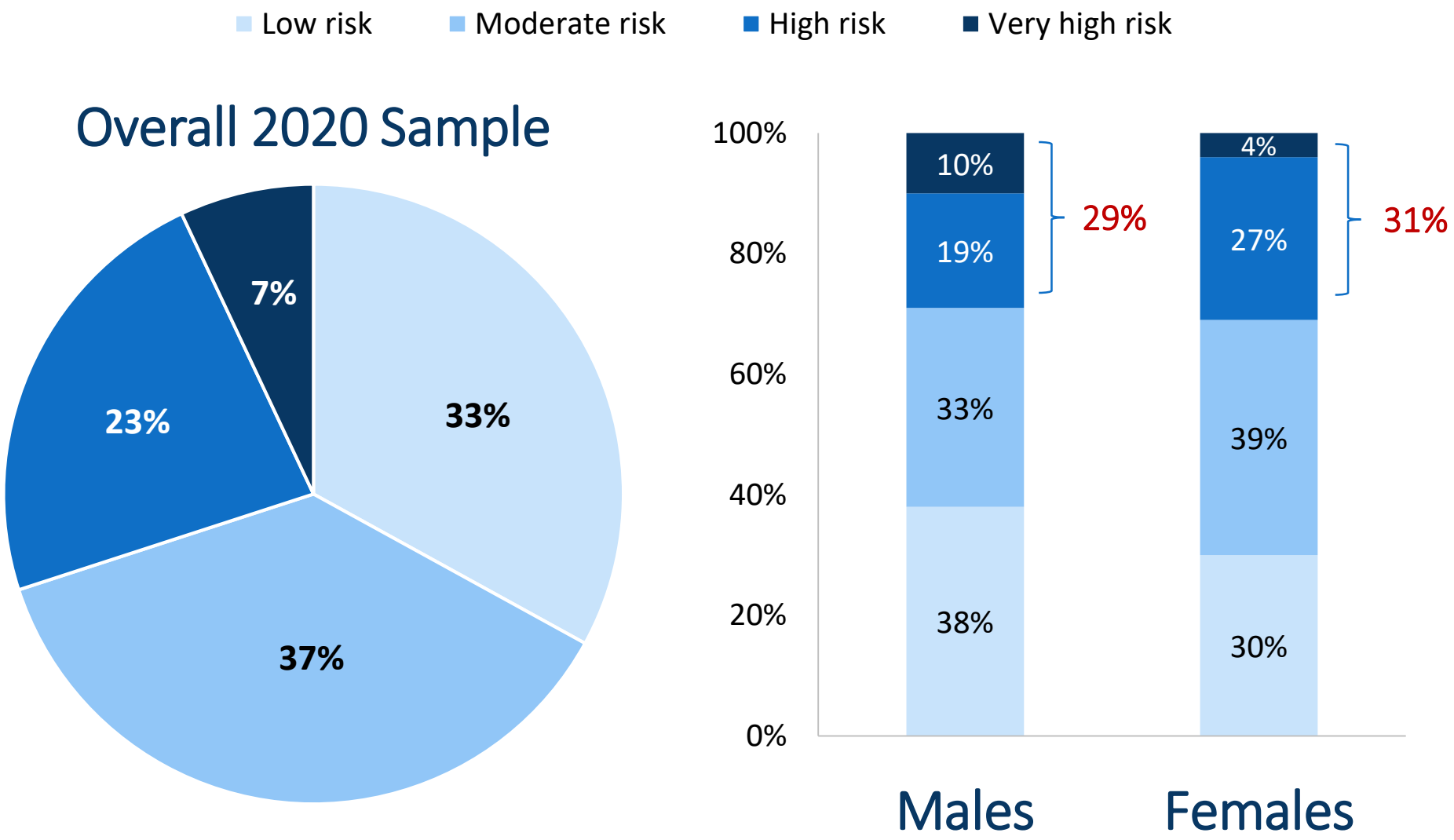
Living Situation of the FSU MD-CAS 2020 Sample



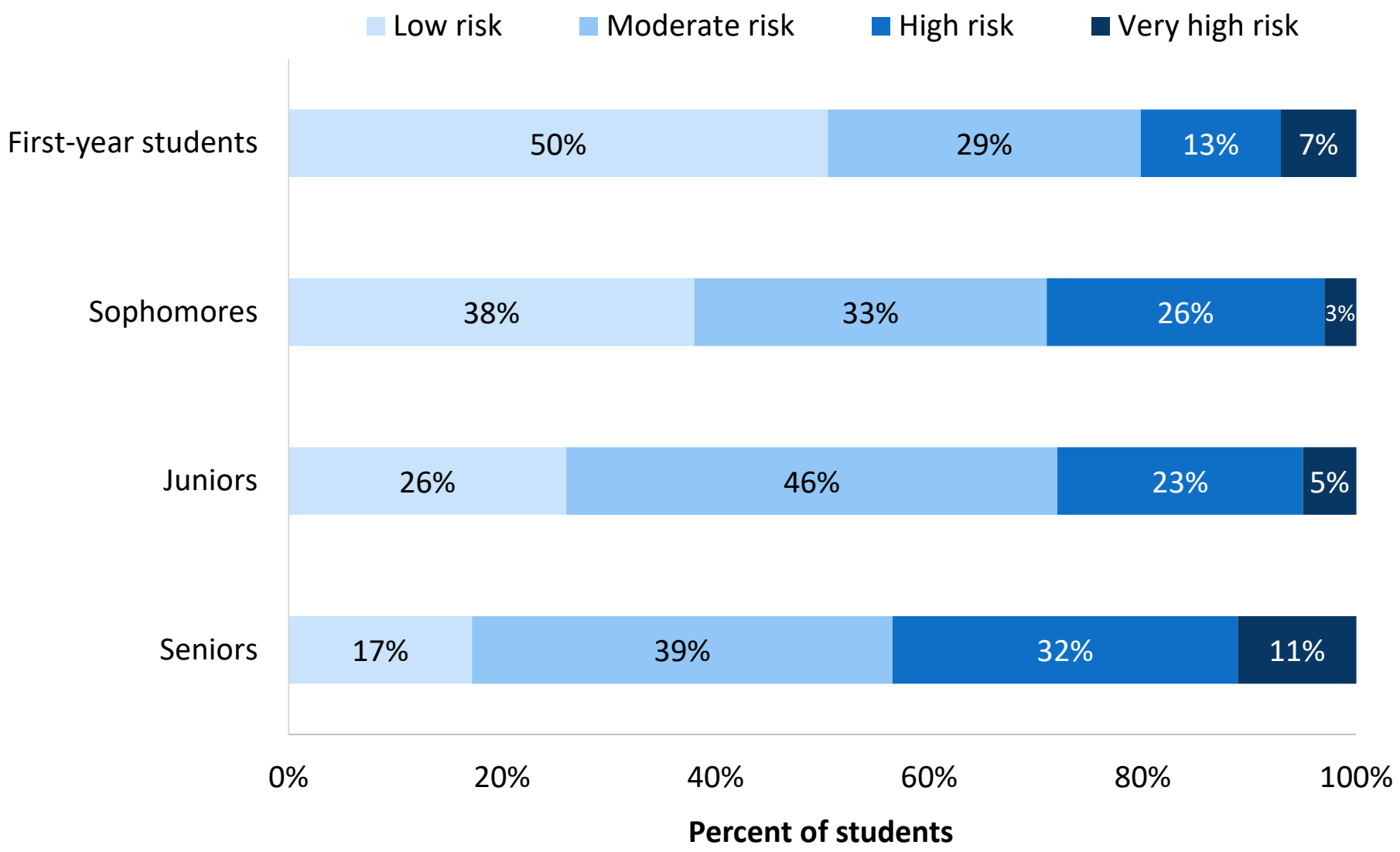
Note: Very few students (<1%) said "Other."

Characterizing Excessive Drinking and Related Problems

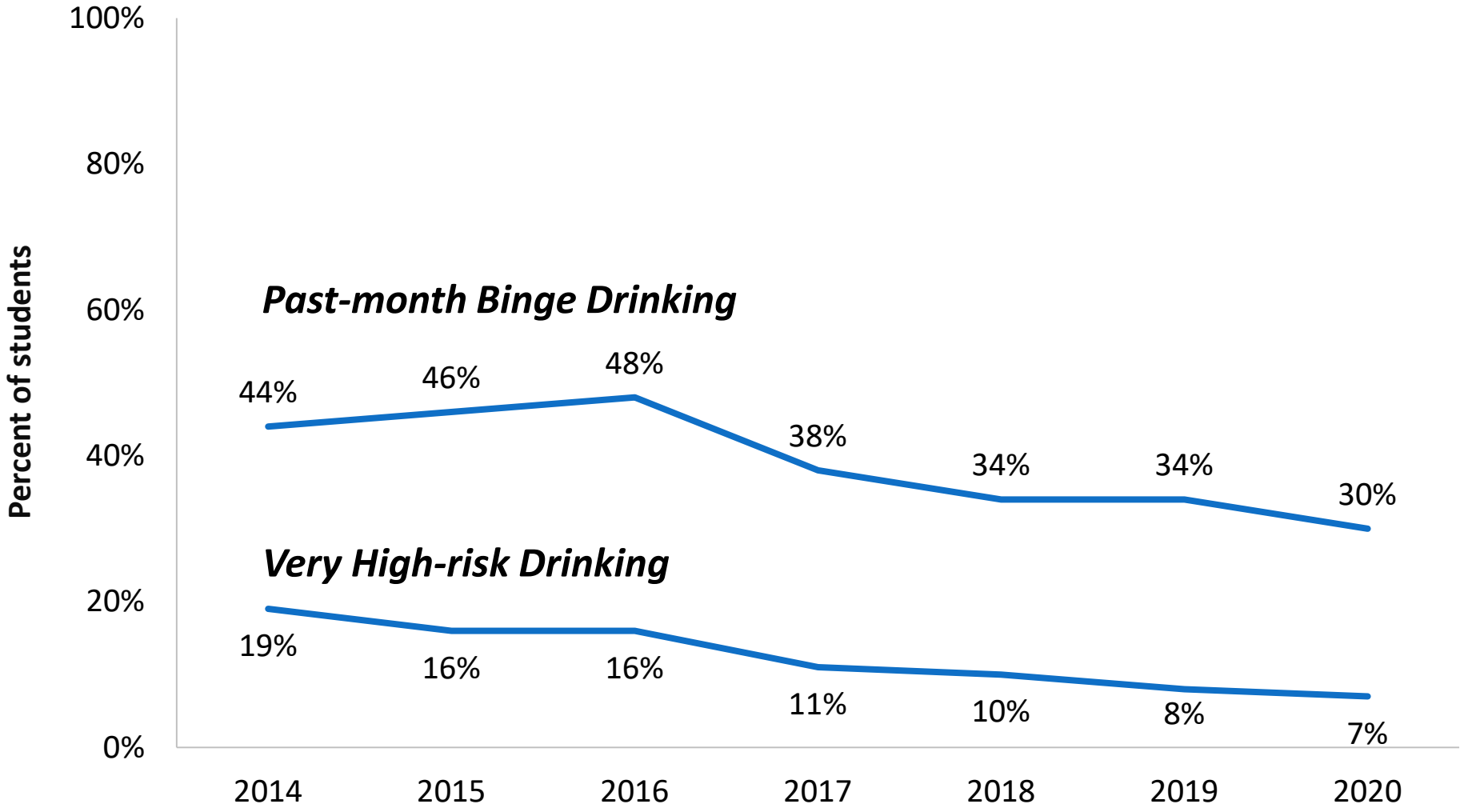
FSU MD-CAS Sample (*n*=422)
Alcohol Risk Groups



Do Alcohol Risk Groups at FSU Differ by Year in School?

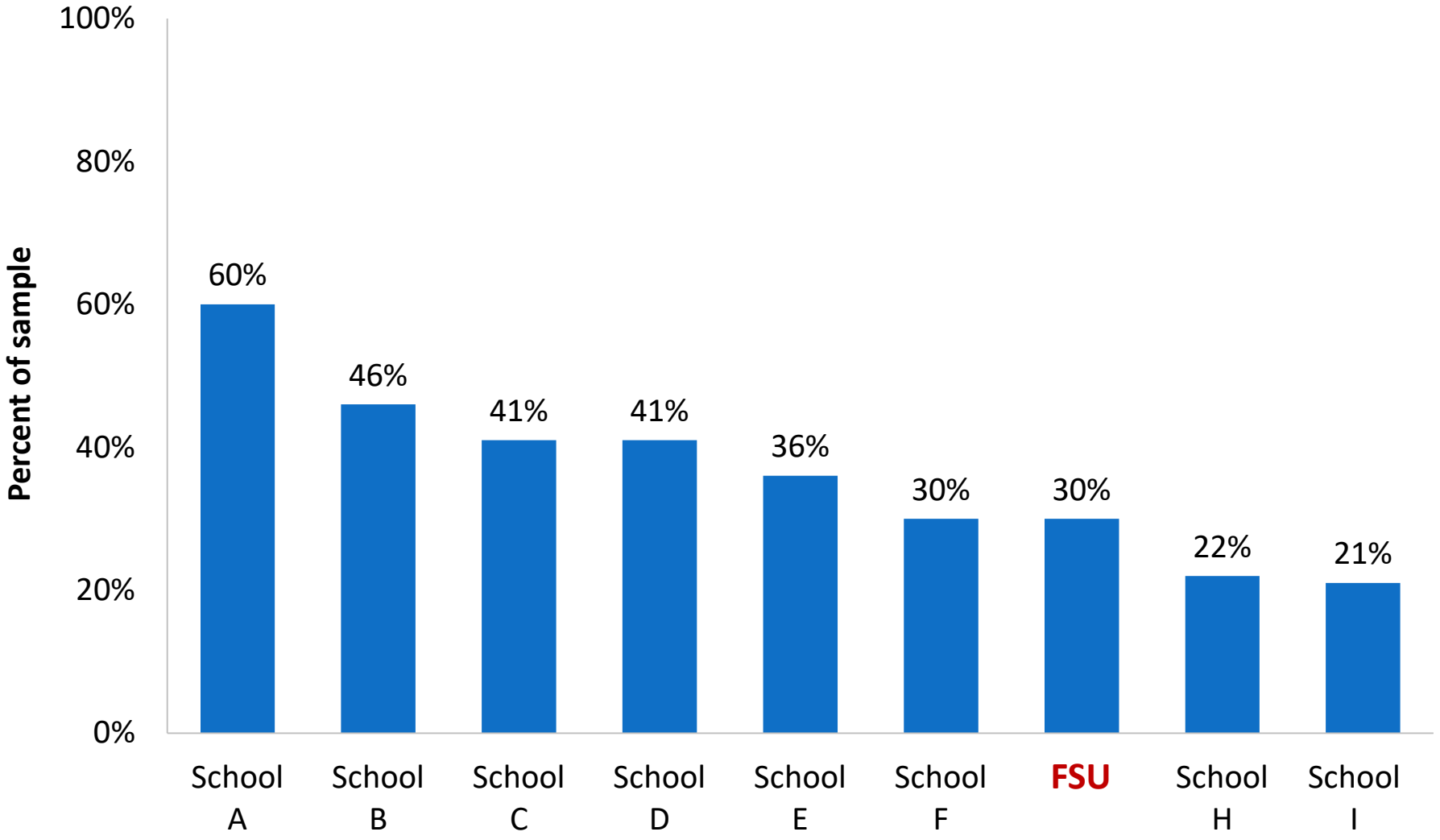


FSU MD-CAS Sample
Trends in Binge and Very High-risk Drinking



What Proportion of Students Binge Drink?

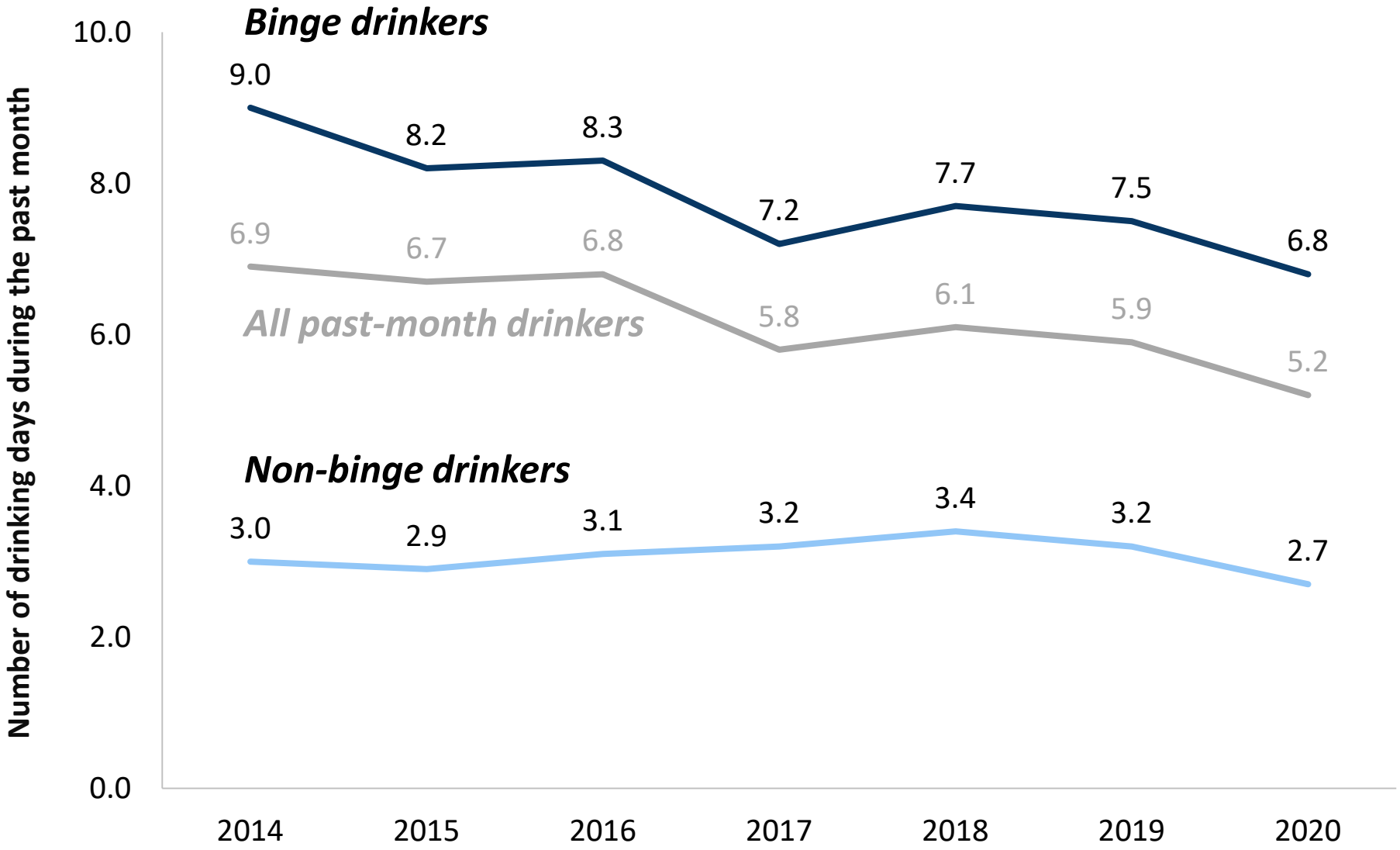
By School, MD-CAS 2020



Note: Past-month binge drinking

How Often Do FSU Students Drink?

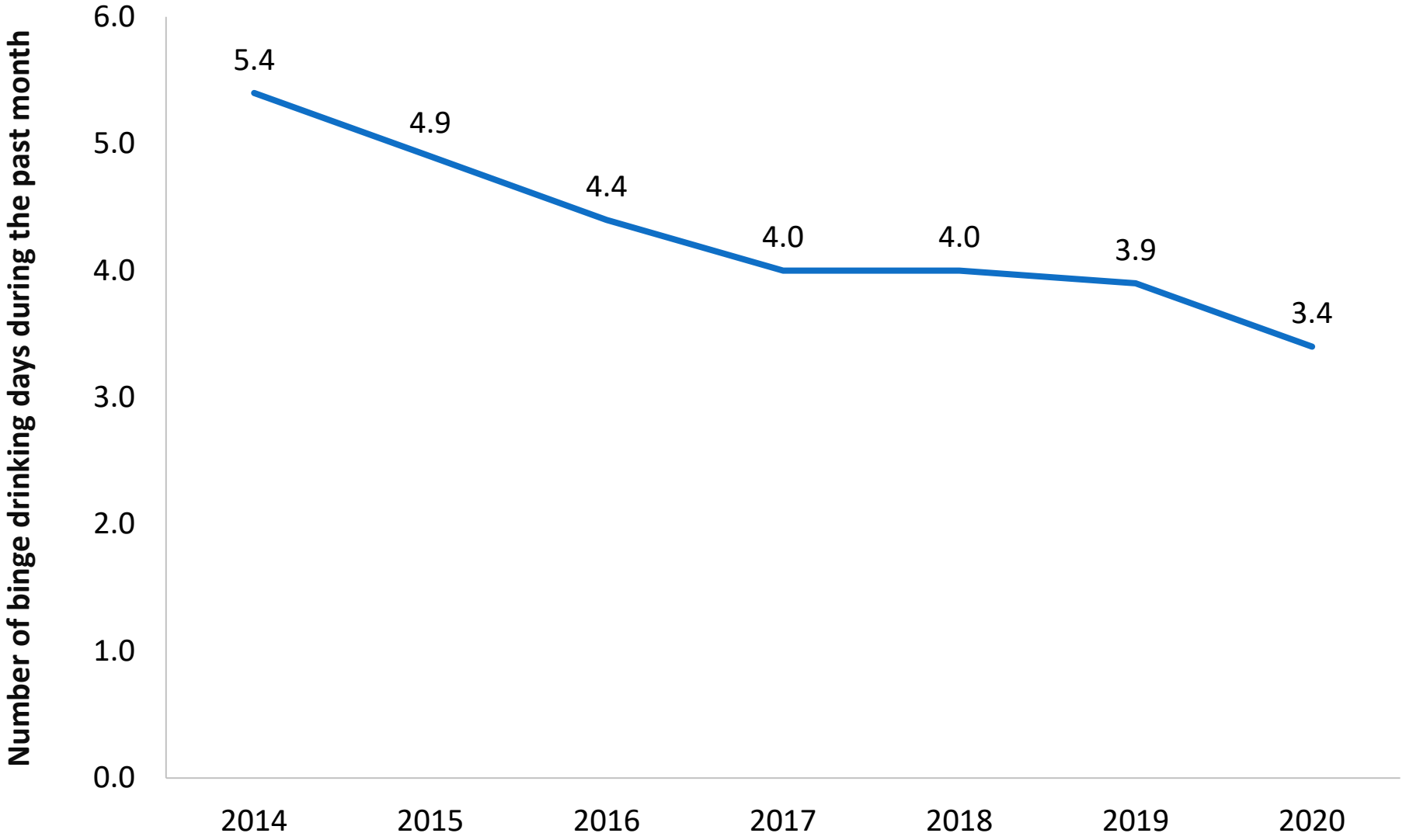
Number of Drinking Days during the Past Month*



*Among past-month drinkers

How Often Do FSU Students Binge Drink?

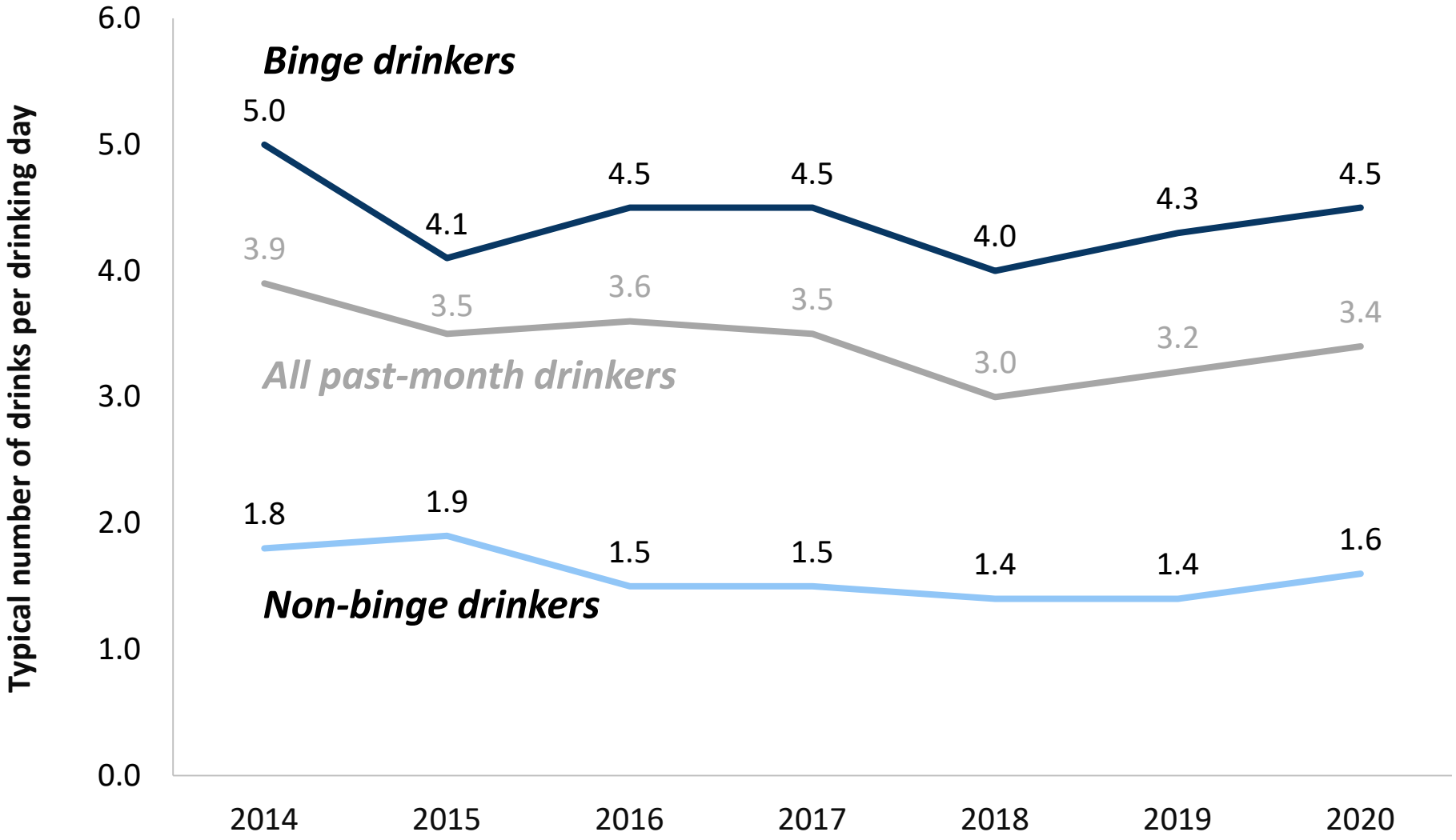
Number of Binge Drinking Days during the Past Month*



*Among past-month binge drinkers

How Much Do FSU Students Drink?

Typical Number of Drinks per Drinking Day*

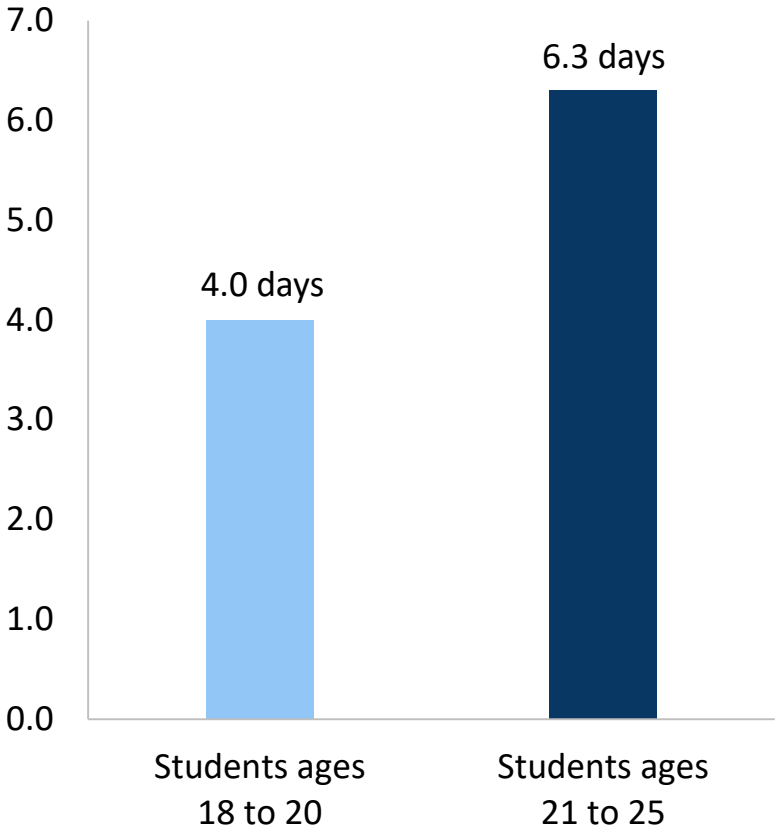


*Among past-month drinkers

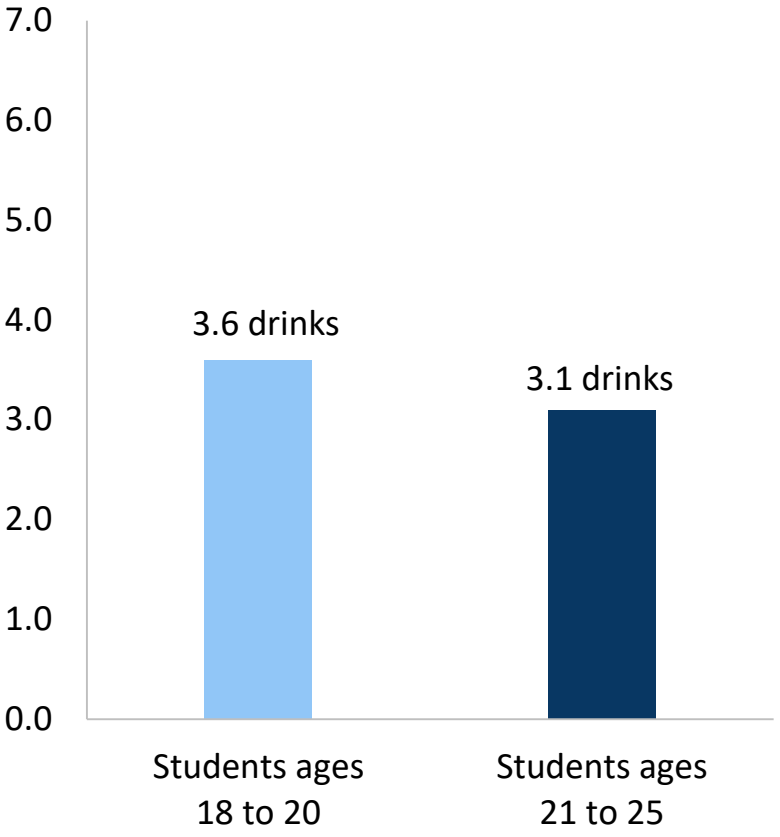
Does Alcohol Use Vary by Legal Drinking Age?

The data suggest that FSU students drink more often after turning 21.

How Often Students Drink*



How Much Students Drink**



*Number of drinking days during the past month; **Typical number of drinks per drinking day.

High Intensity Drinking

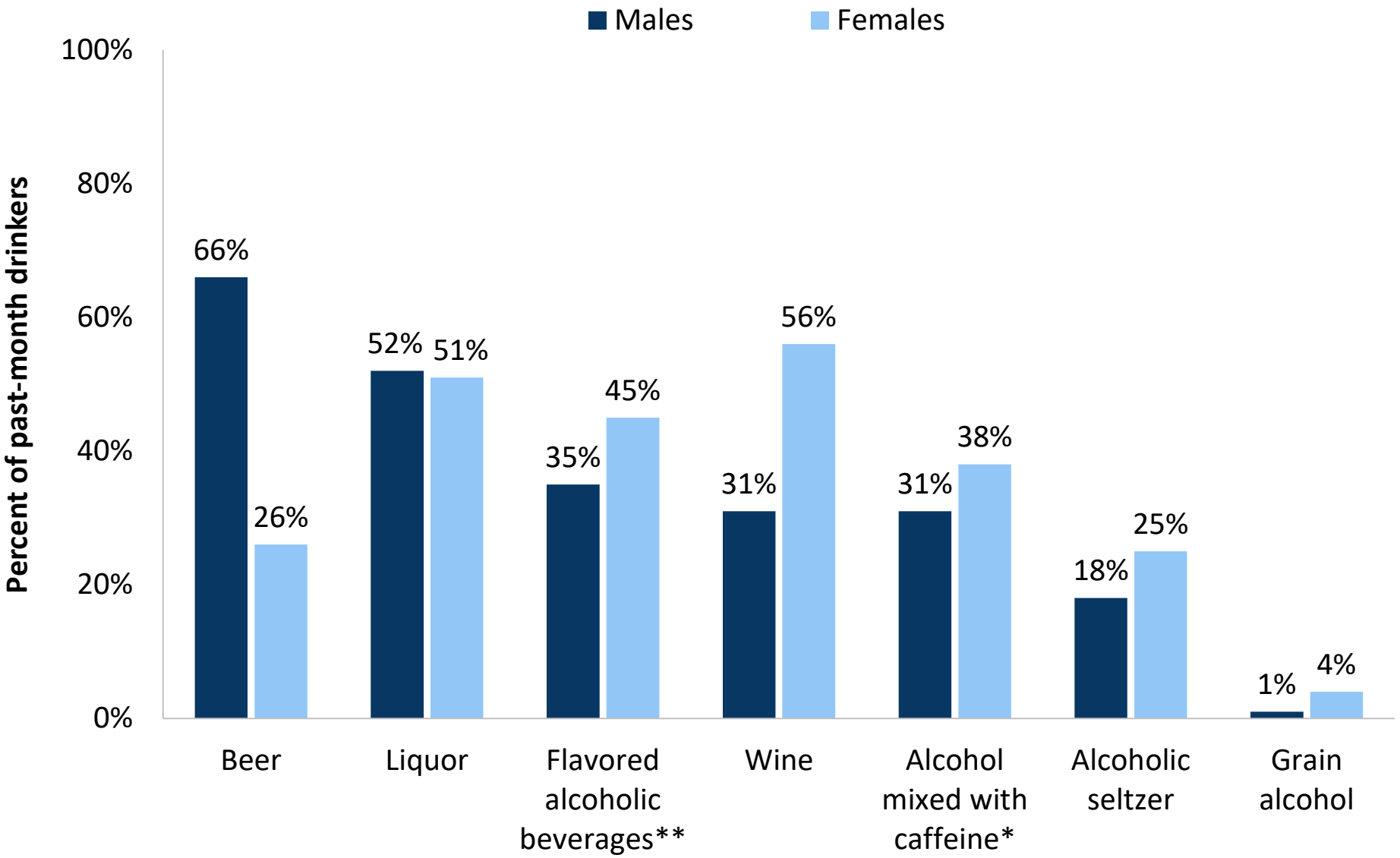
- Alcohol consumption that is at least two times the binge threshold (Hazelden, 2017)
- For the MD-CAS, we define this as drinking 10 or more drinks in a row on a single occasion during the past month

At FSU…

- 7% of all students and 22% of binge drinkers engage in high intensity drinking
- High intensity drinking is more common among male binge drinkers (40%) than female binge drinkers (8%)

Hazelden Betty Ford Institute for Recovery Advocacy & University of Maryland School of Public Health. (2017). Beyond binging: High-intensity drinking. Emerging Drug Trends Report. Available at: http://www.hazeldenbettyford.org/articles/emerging-drug-trends/high-intensity-drinking

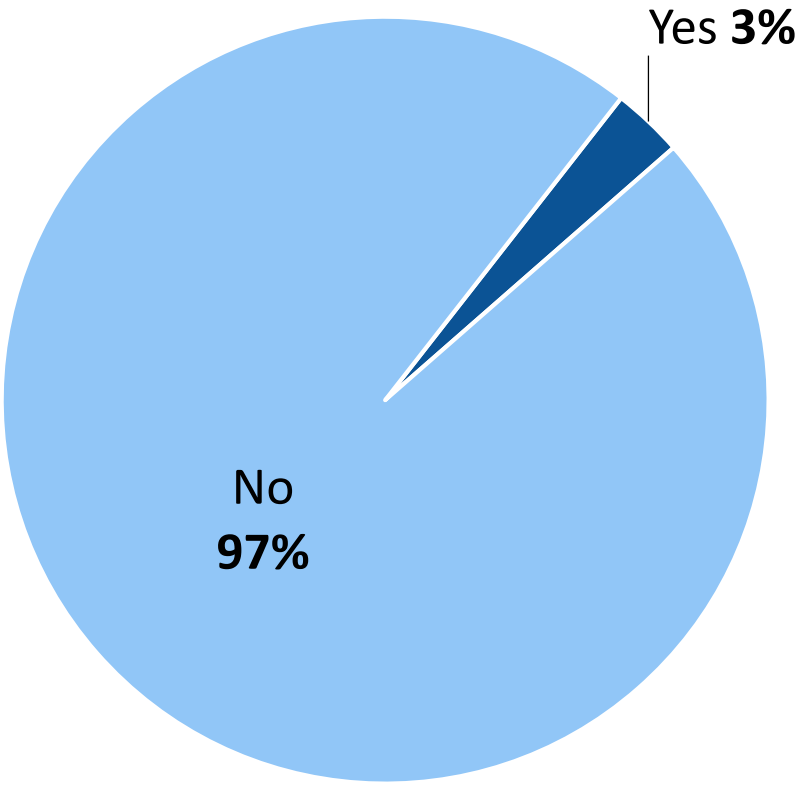
Types of Alcohol Consumed by Past-month Drinkers



*e.g., energy drinks or cola

**e.g., Smirnoff Ice or Mike's Hard Lemonade.

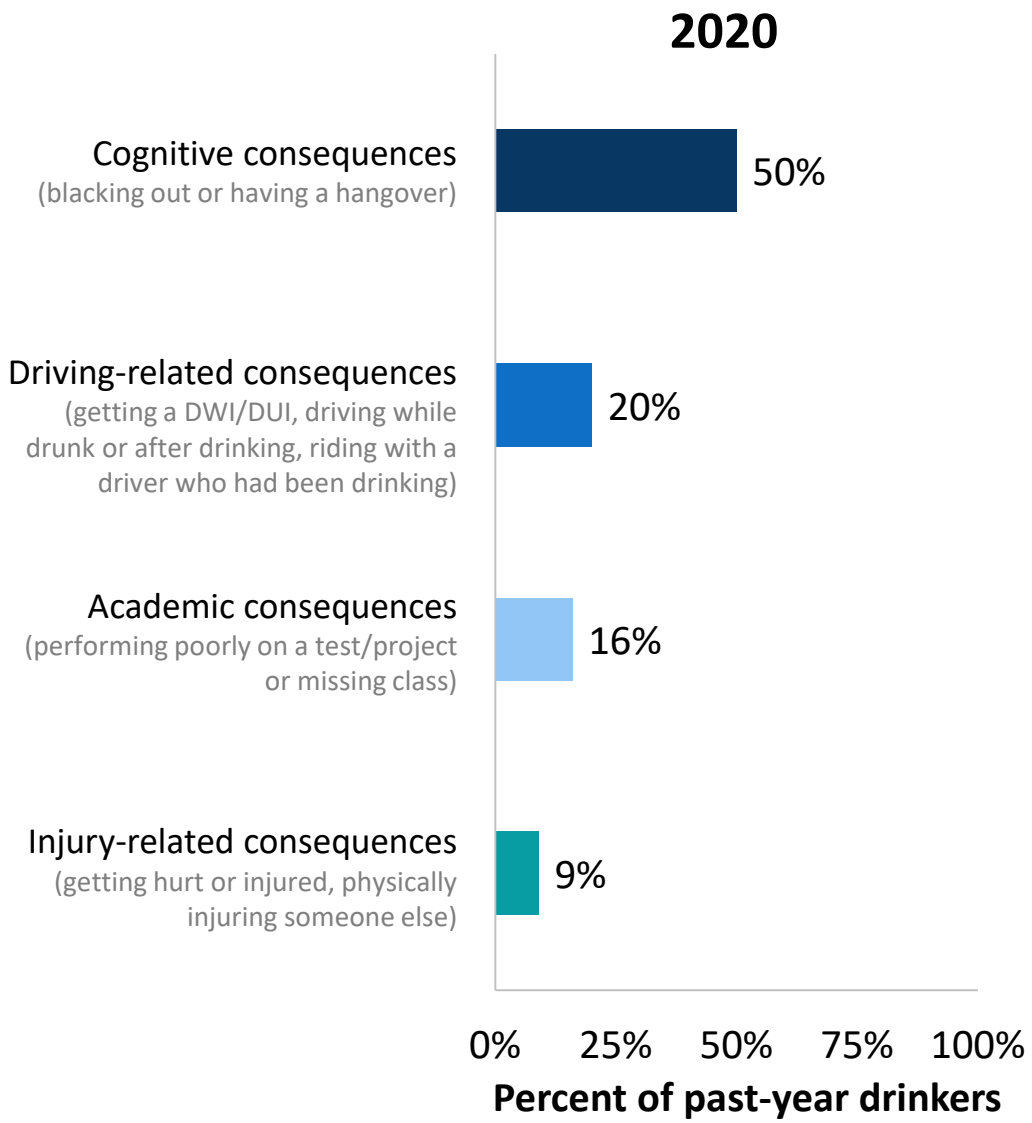
Recovery from Alcohol and/or Drug Problems

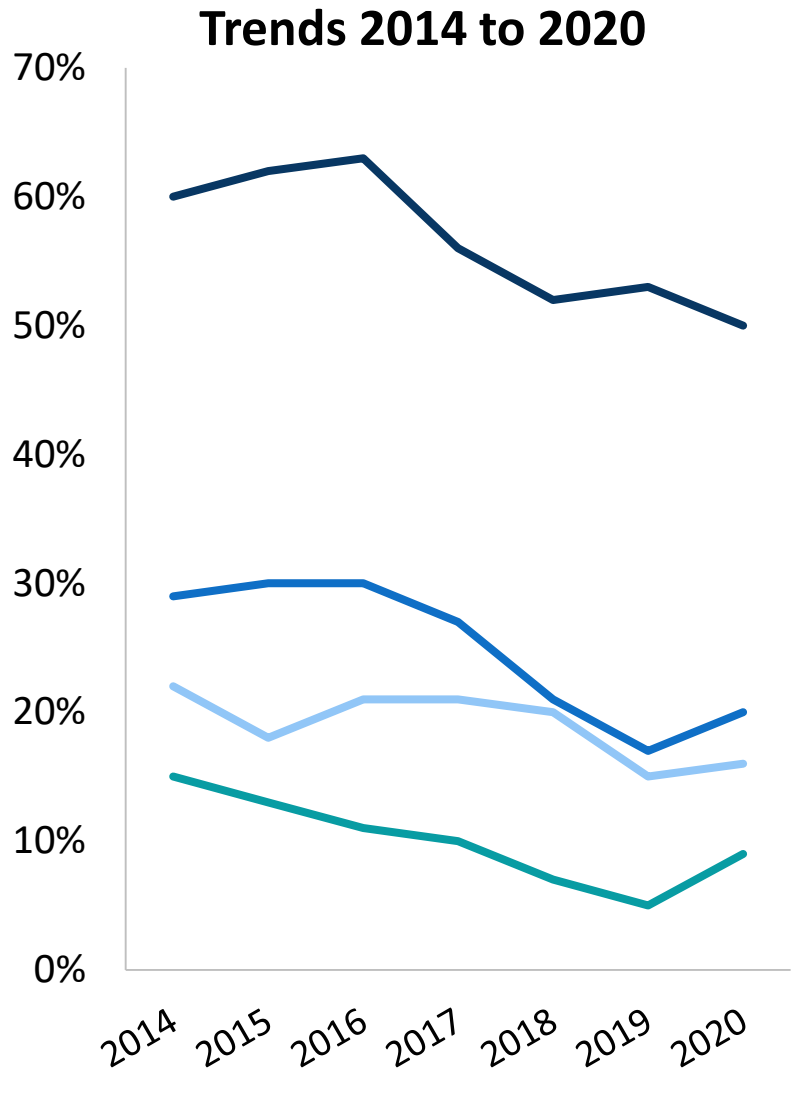


3% of FSU students identify as being in recovery from alcohol and/or drug problems.

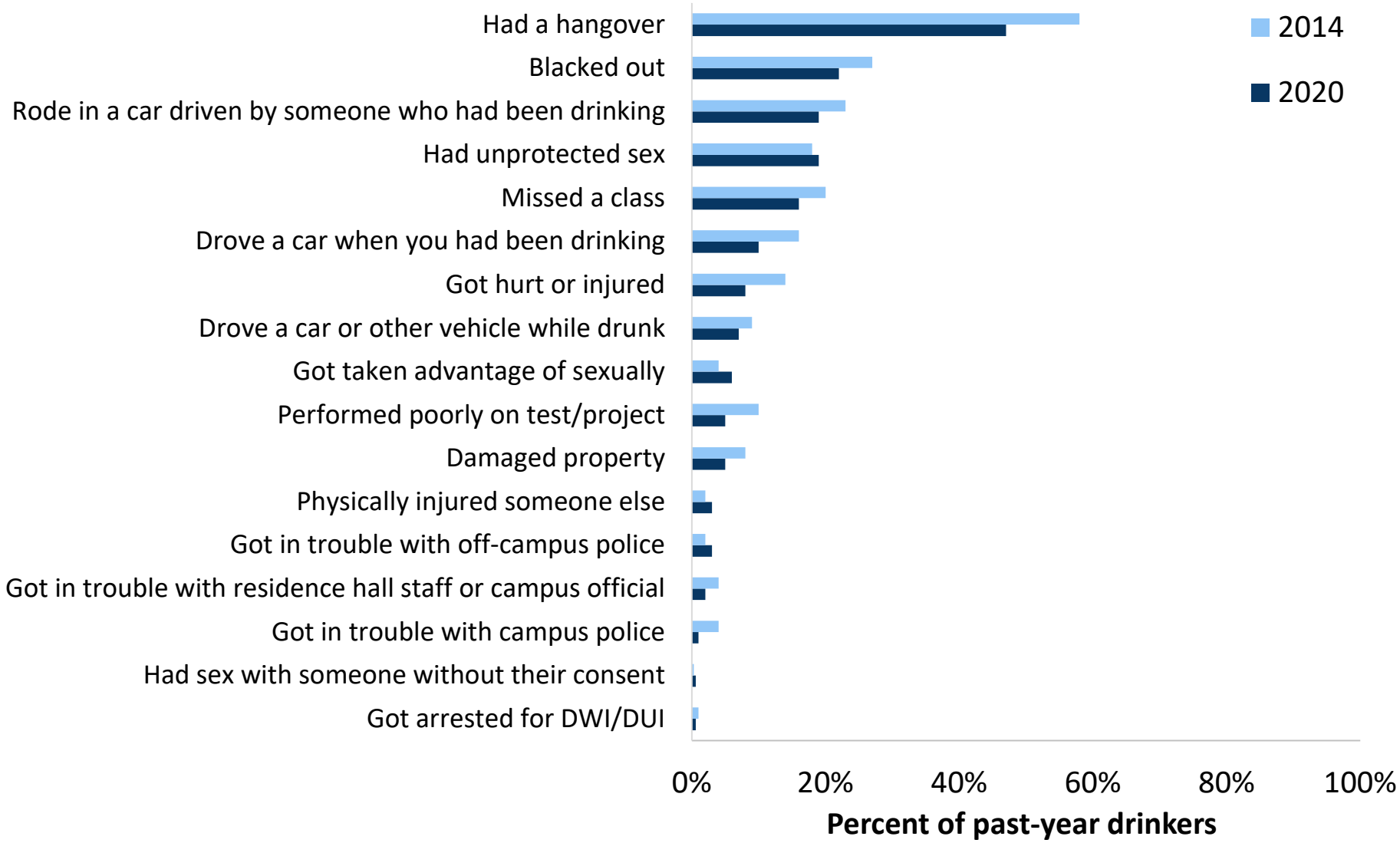
Alcohol-related Direct Consequences and Harms to Others

Direct Consequences of Alcohol Use
among FSU Past-year Drinkers

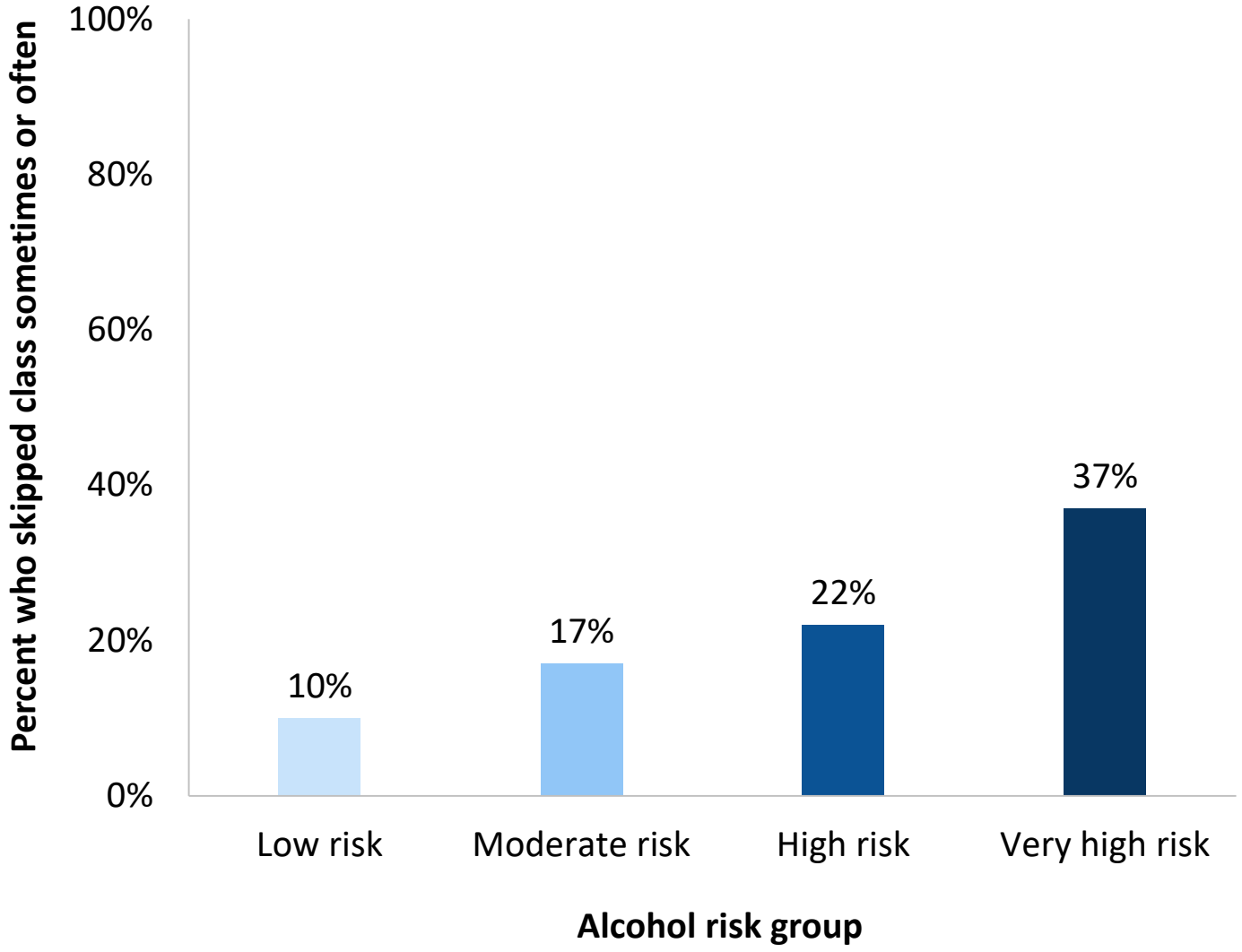




Direct Consequences of Alcohol Use
among FSU Past-year Drinkers (Detailed Breakdown)



Skipping Class by Alcohol Risk Groups
among FSU Students, 2016-2020*



Cumulative GPA of students who skip class never/rarely

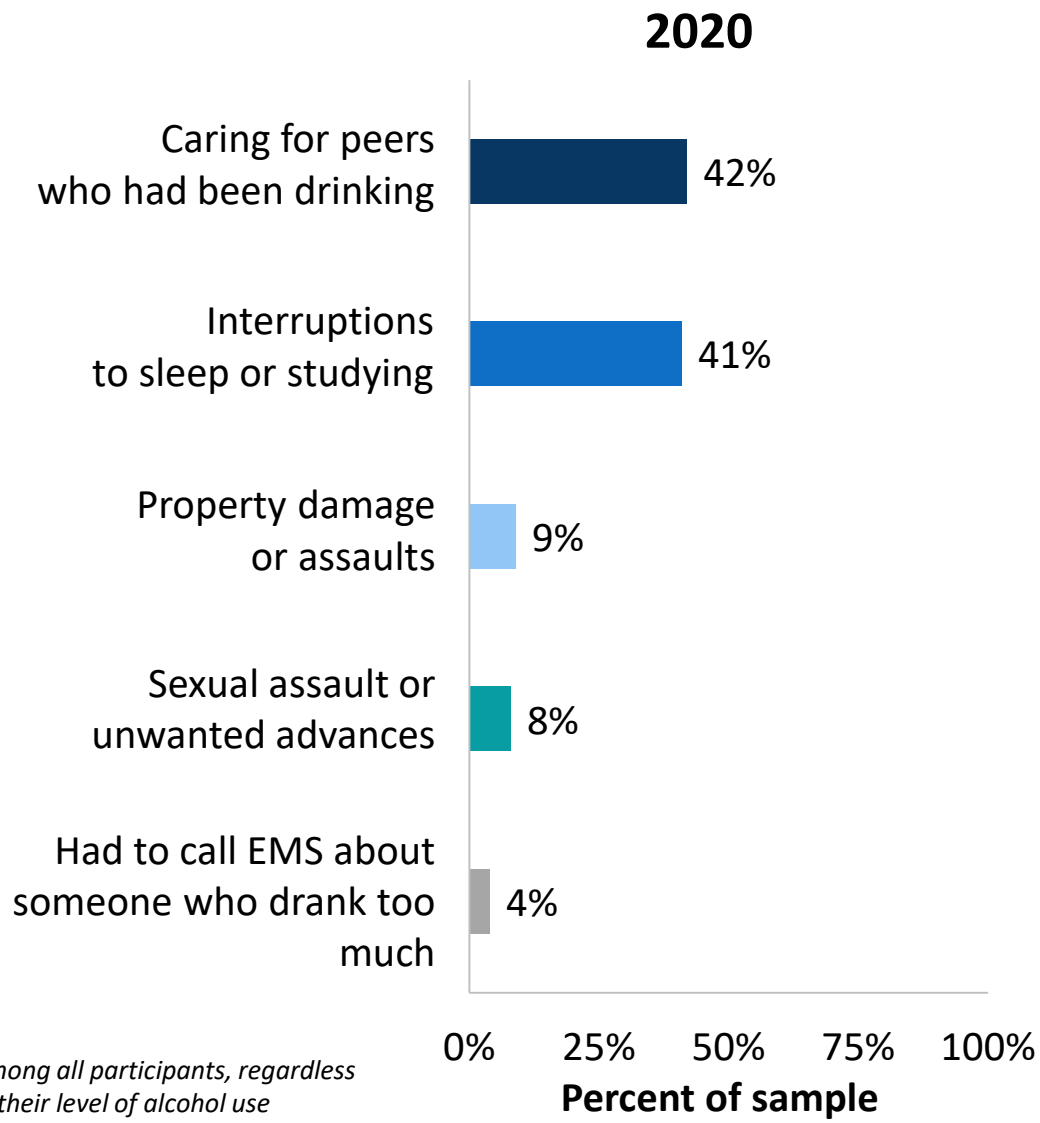
3.29

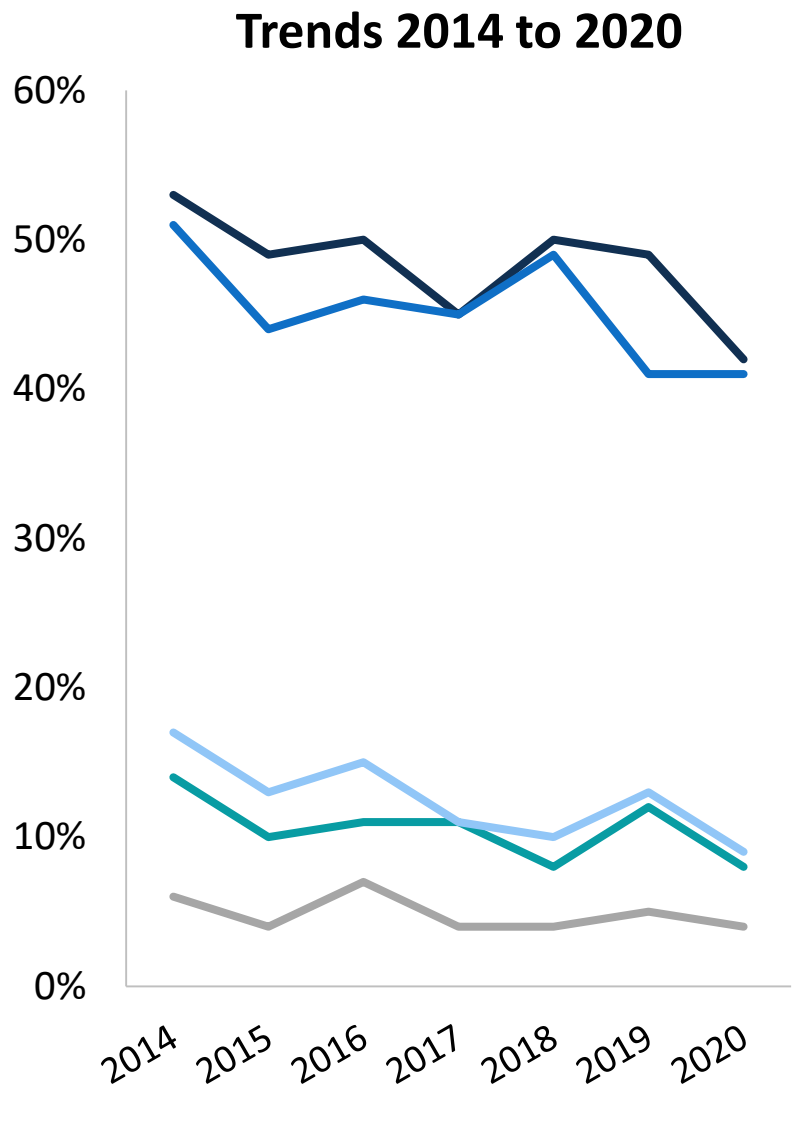
Cumulative GPA of students who skip class sometimes/often

2.92

**This figure use combined data from the MD-CAS 2016-2020*

Harms Experienced as a Result of Someone Else's Alcohol Use among FSU Students*

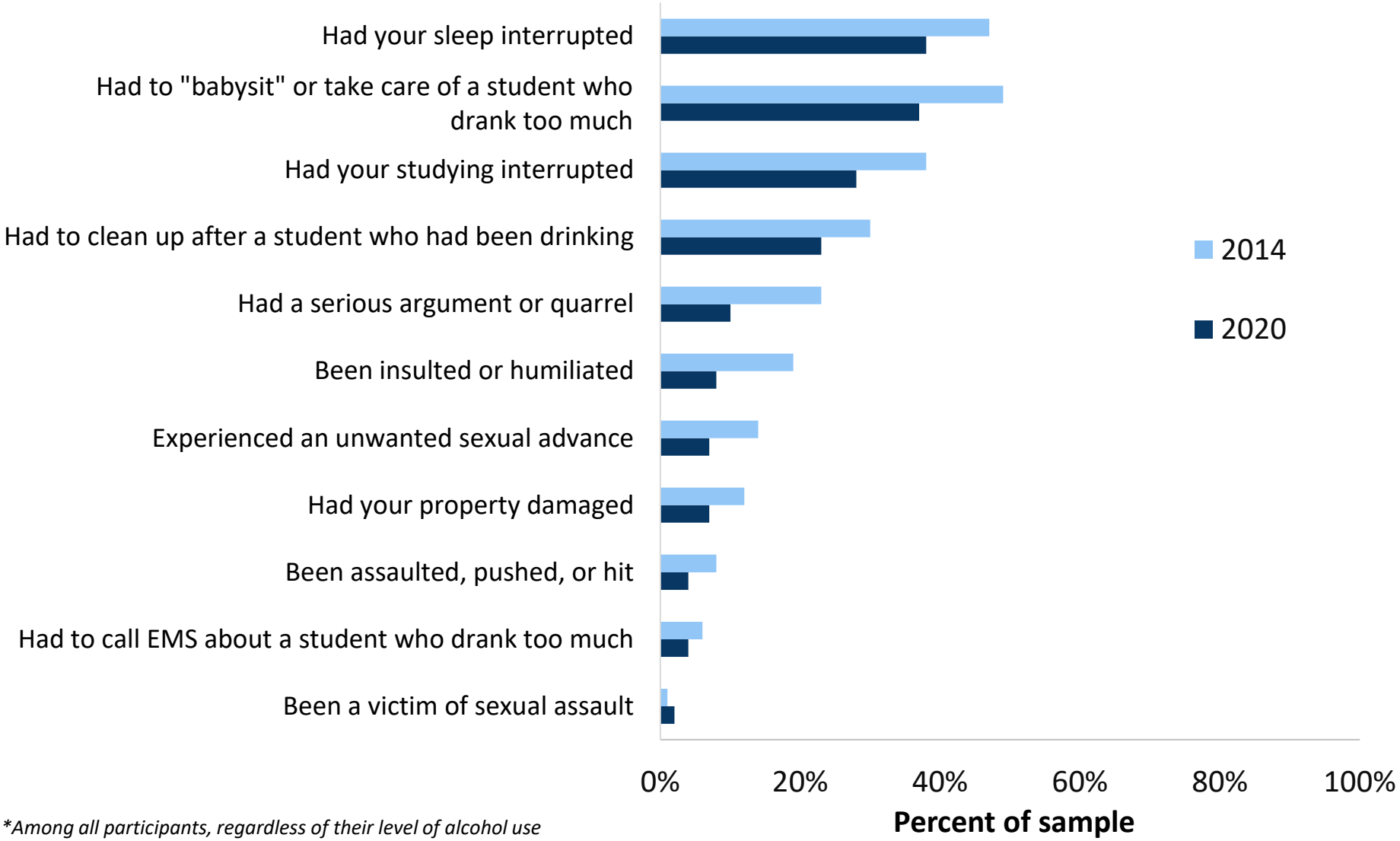




*Among all participants, regardless of their level of alcohol use

Harms Experienced as a Result of Someone Else's Alcohol Use among FSU Students

(Detailed Breakdown)*

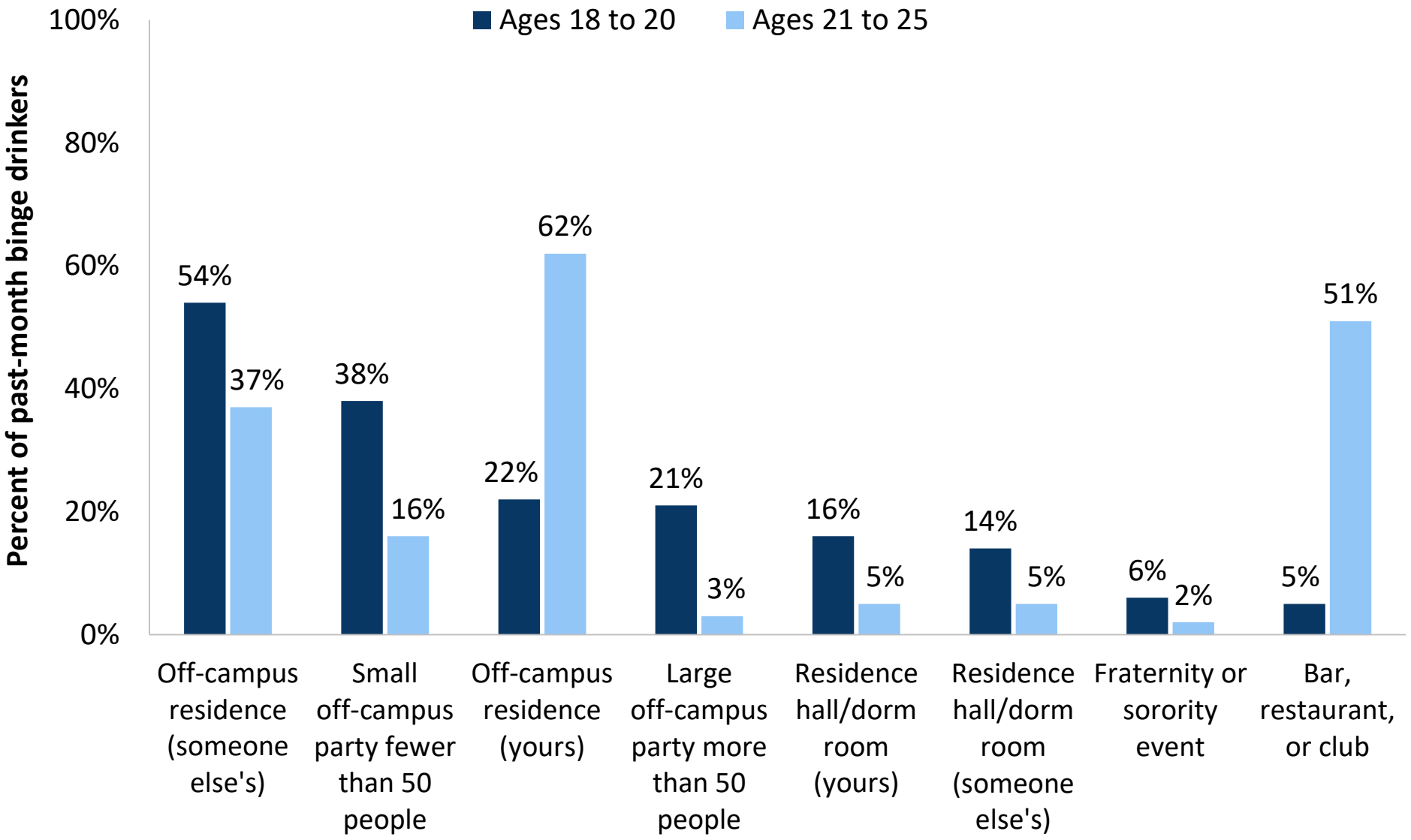


*Among all participants, regardless of their level of alcohol use

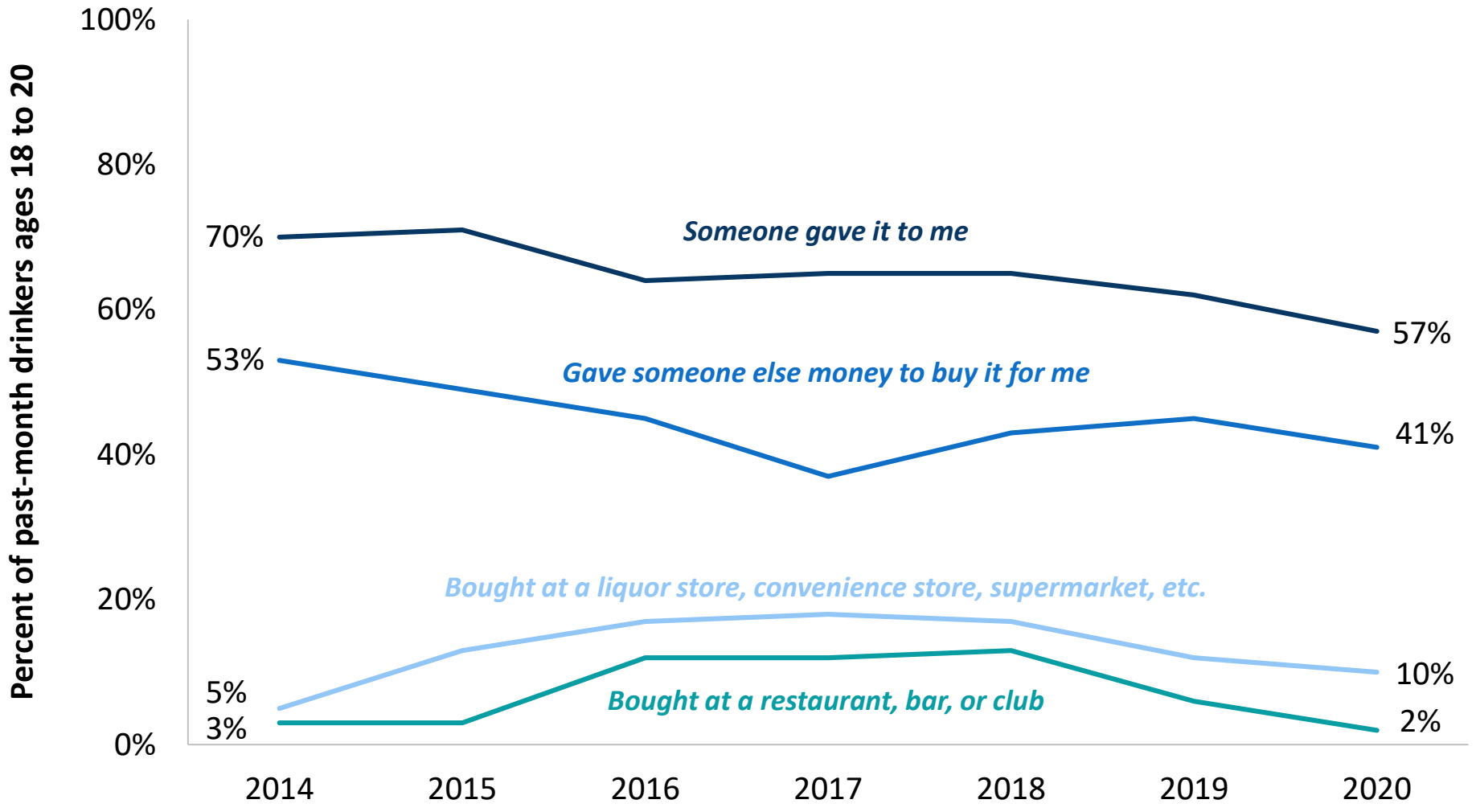
Access to Alcohol

Where Do FSU Students Binge Drink?

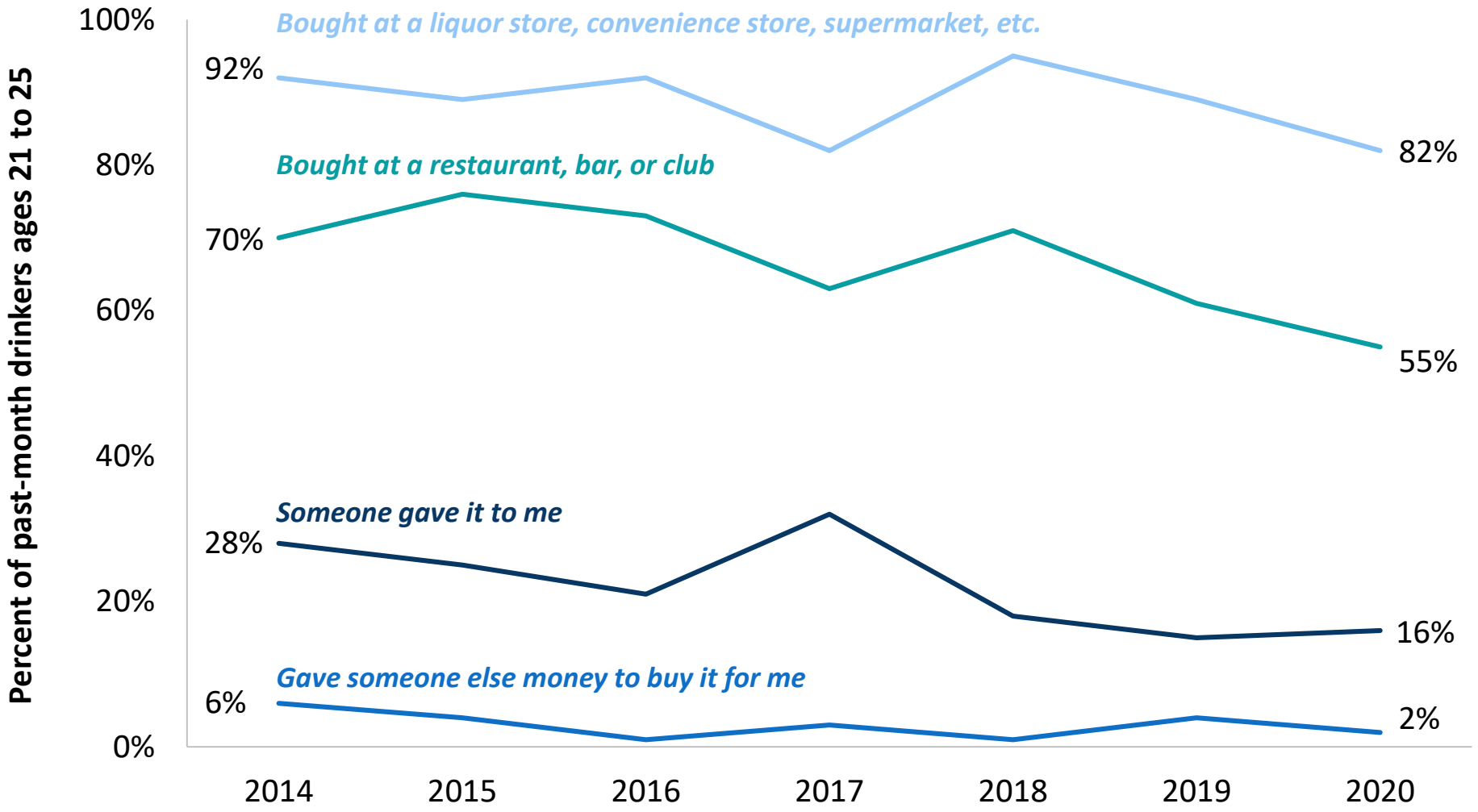
By Age, among Past-month Binge Drinkers



How Alcohol Was Obtained among FSU Past-month Drinkers Ages 18 to 20

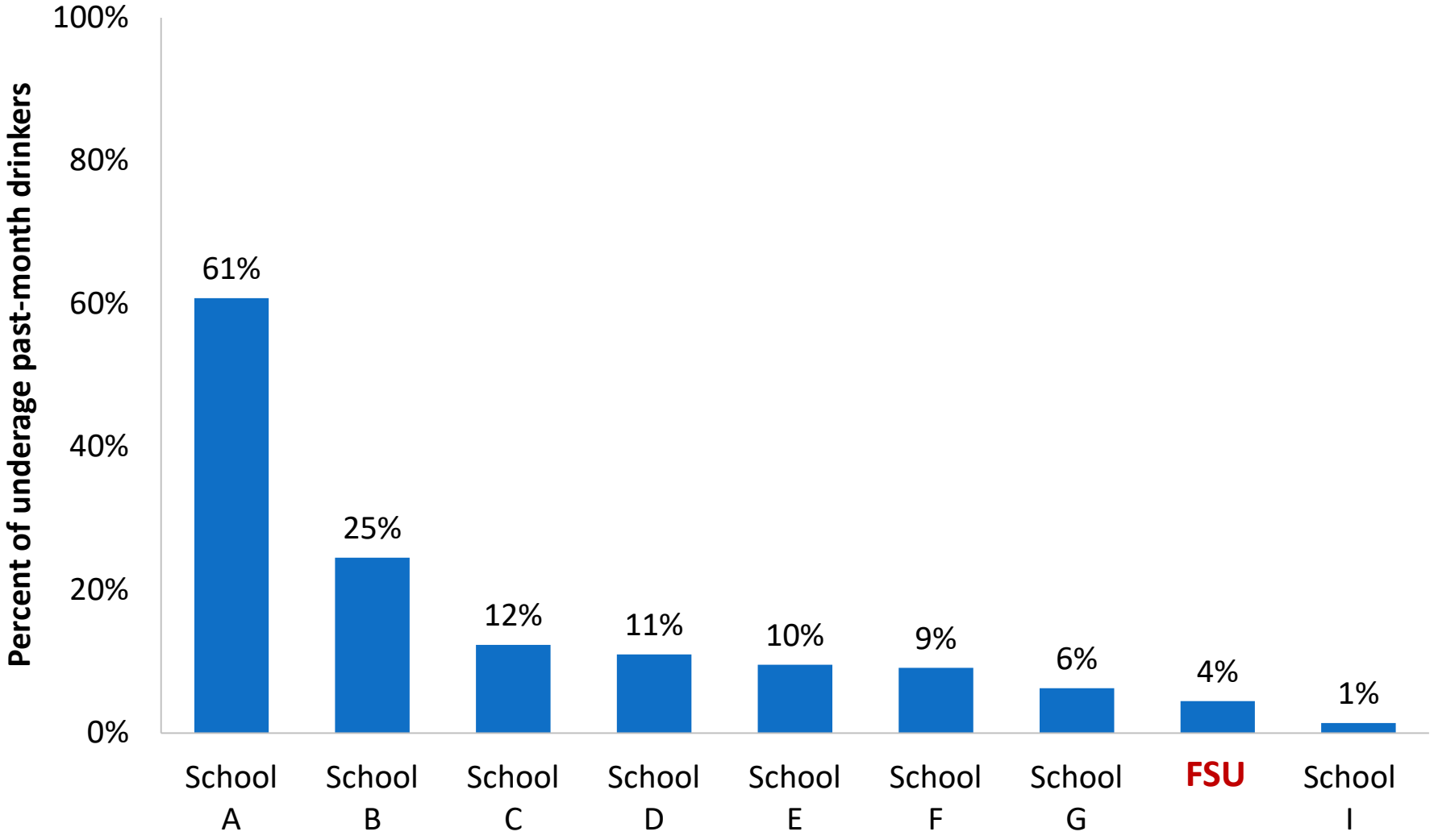


How Alcohol Was Obtained among FSU Past-month Drinkers Ages 21 to 25



What Proportion of Underage Past-month Drinkers Use a False ID?

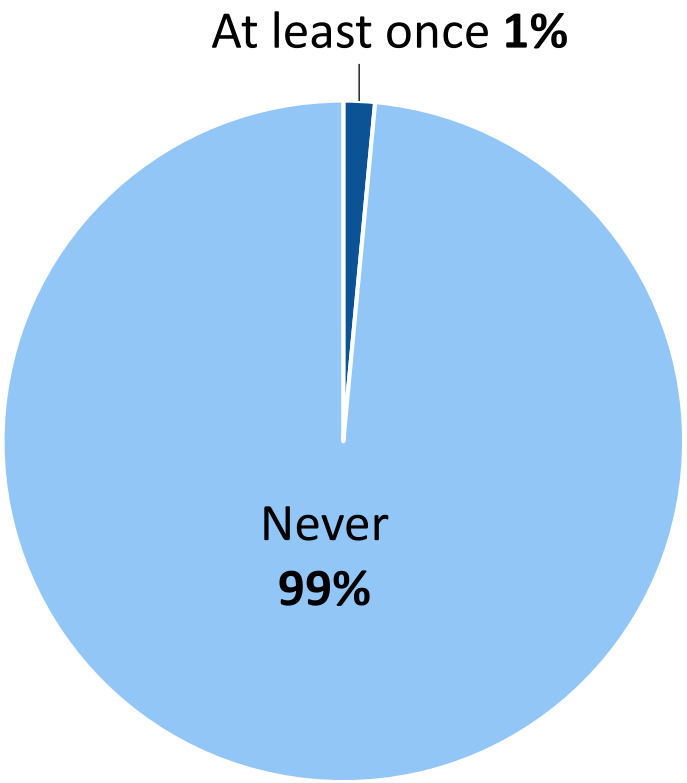
Overall MD-CAS Sample, 2020



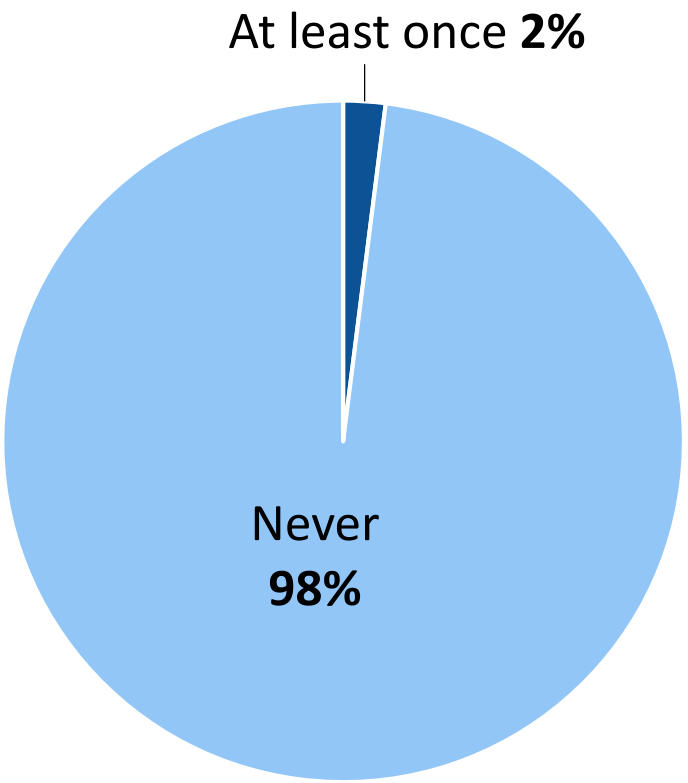
Note: Past-month false ID use

Use of Delivery Apps among FSU Students*

Alcohol Delivery Apps



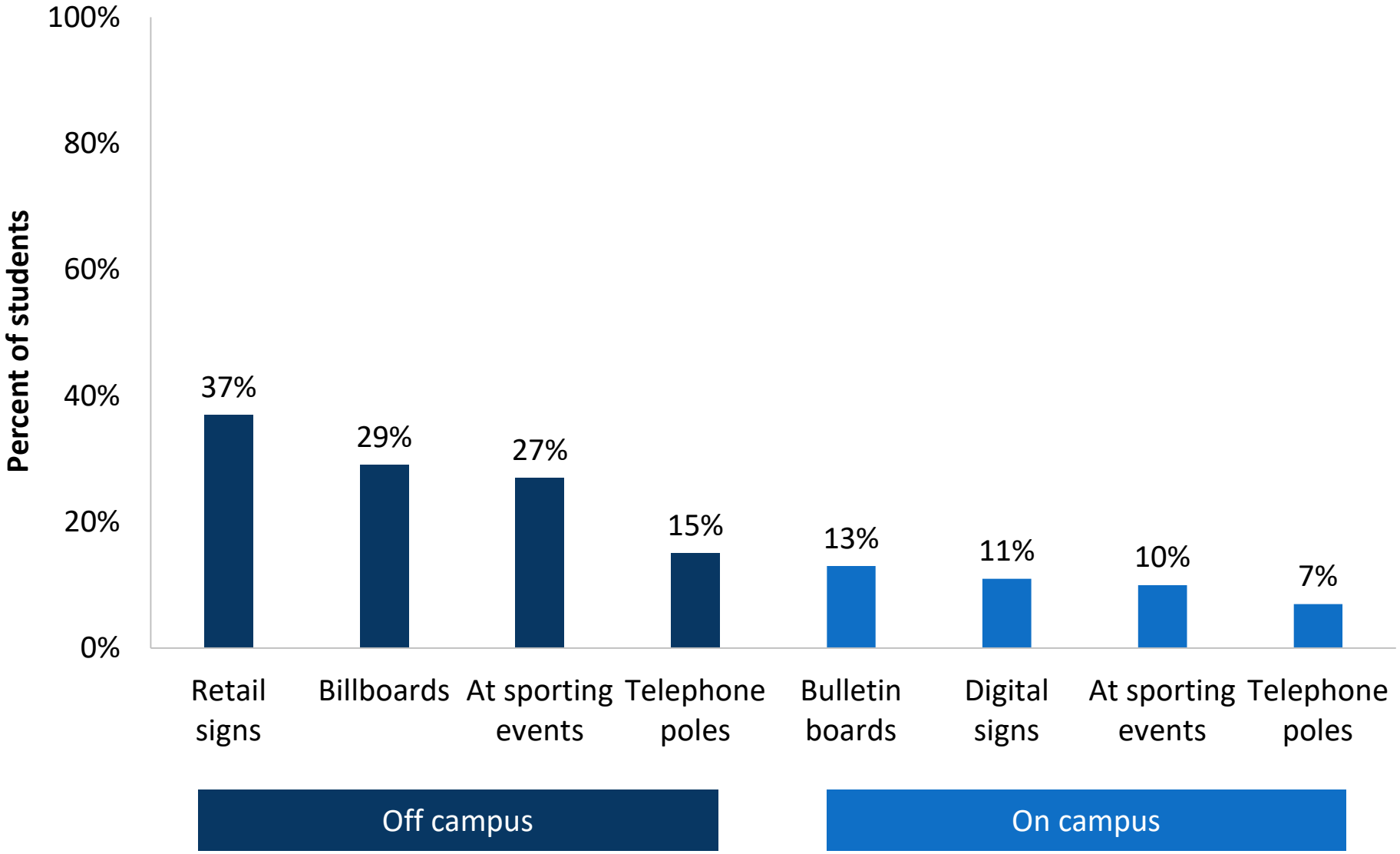
Cannabis Delivery Apps



**Since the beginning of the school year*

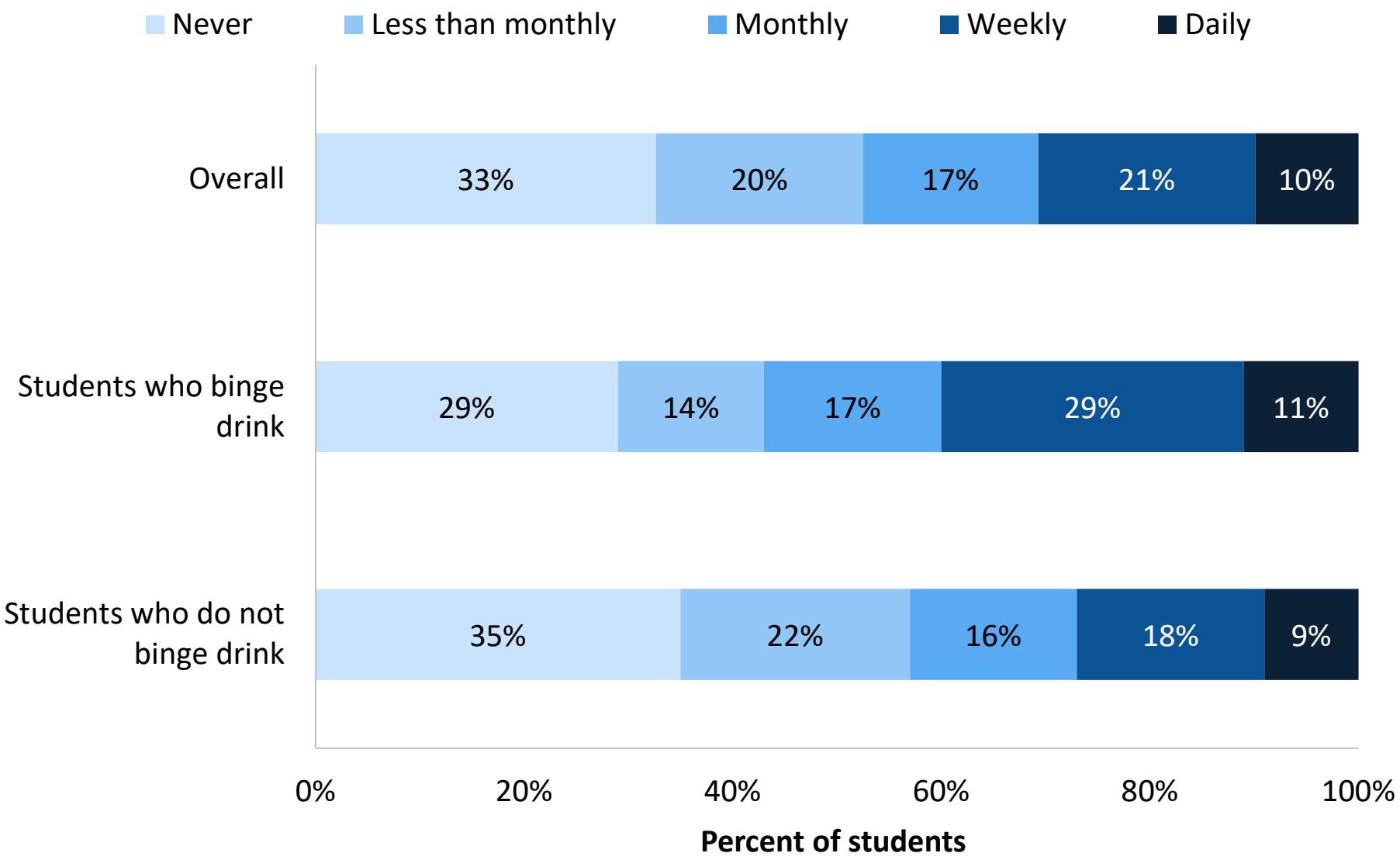
Alcohol Promotions Seen/Heard

by FSU Students during the Past Month



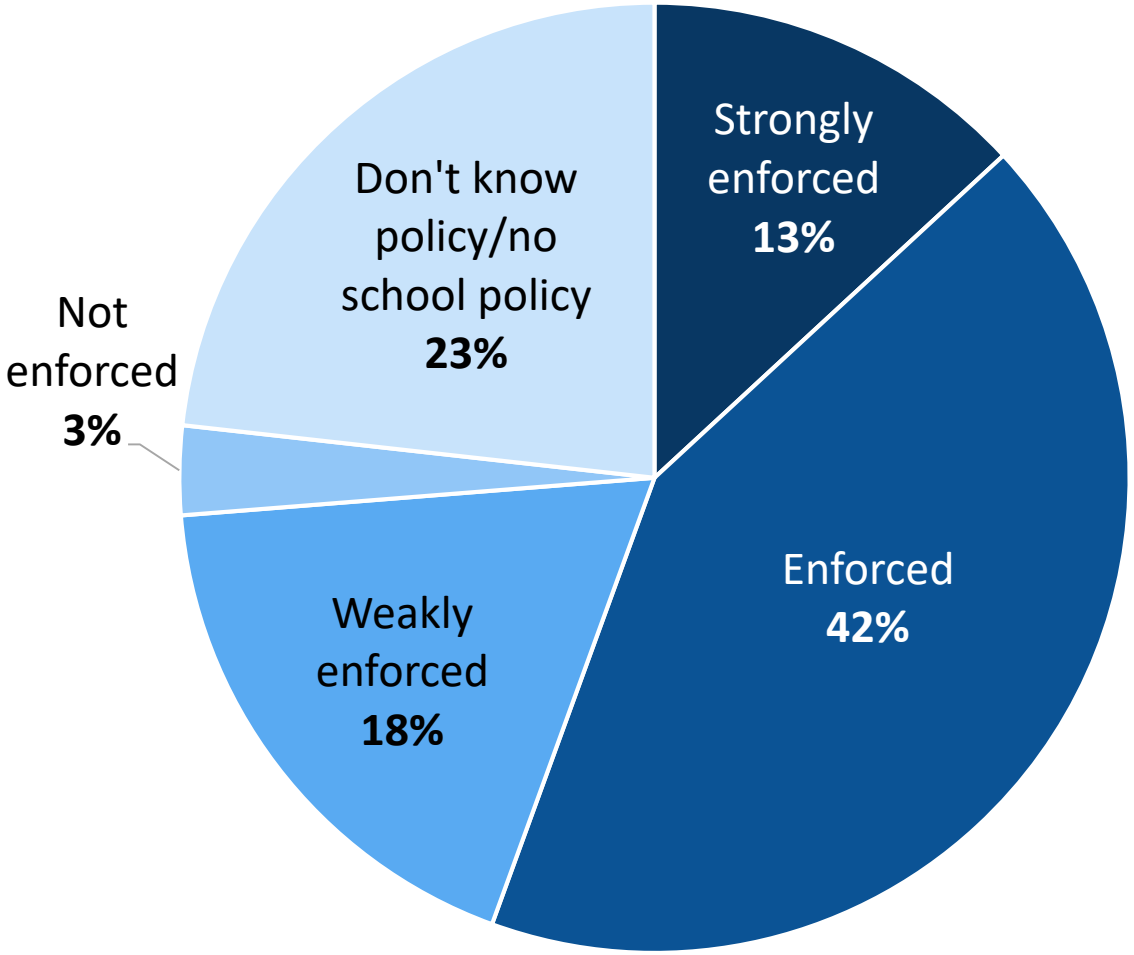
Alcohol Promotions Seen on Social Media

by FSU Students



On- and Off-campus Enforcement of Alcohol Policies

How Strongly Do FSU Students Think School Alcohol Policies Are Enforced?



To be effective, consequences must be:

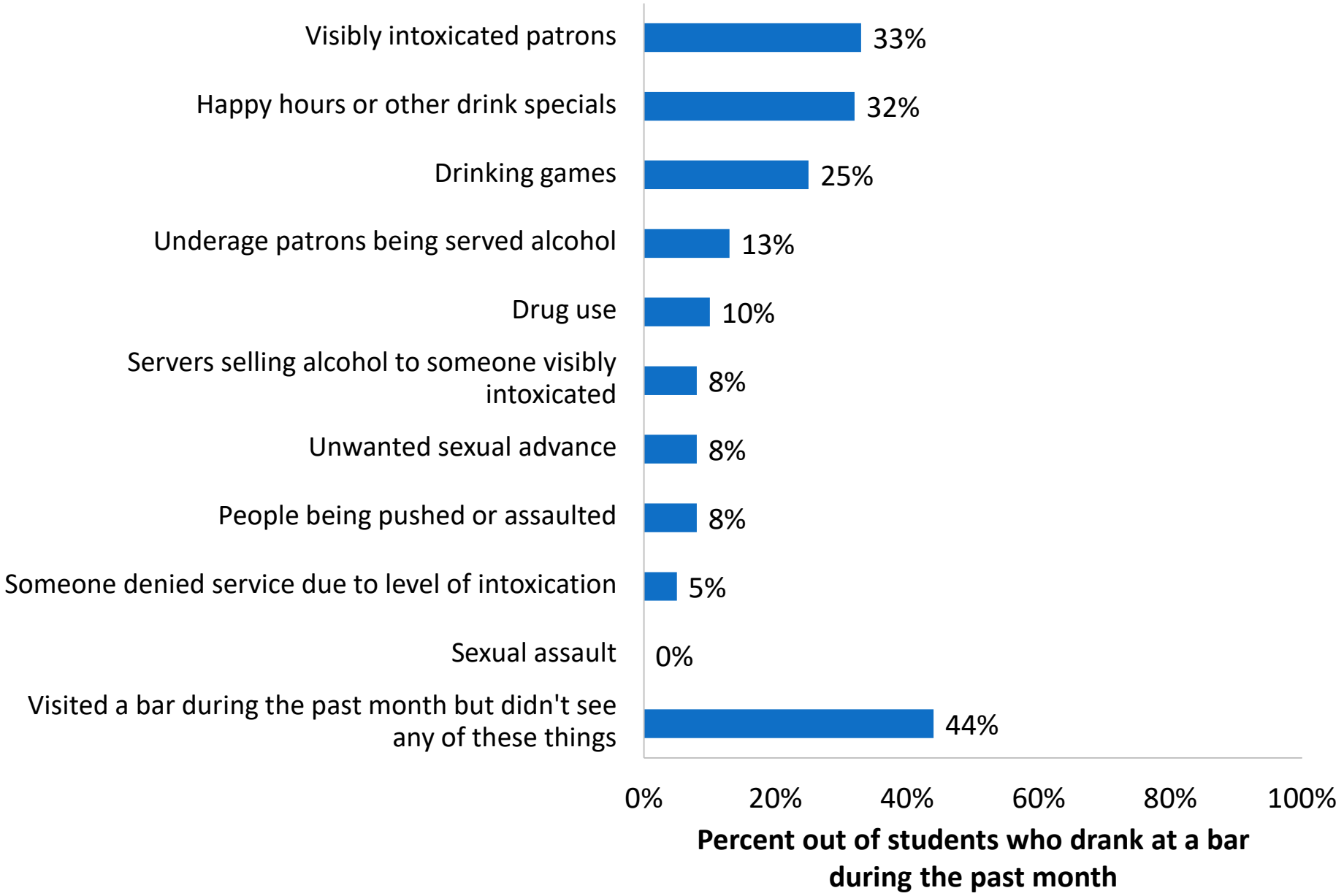
- **Certain**,
- **Swift**, and
- **Sufficiently severe**

FSU Student Perceptions about Police Response to Parties with Underage Drinking

	Likely	Unlikely	Don't know
The party is shut down	85%	7%	7%
The party host receives a citation	71%	11%	18%
The school is informed	65%	20%	15%
The landlord receives a citation	53%	22%	25%
The police issue a verbal warning and leave with no further action taken	49%	34%	18%
Parents are informed	41%	37%	22%

Note: The corresponding survey question was "If the police find out about a loud and unruly party involving drinking by students who are under 21, how likely do you think any of the following are to happen?"

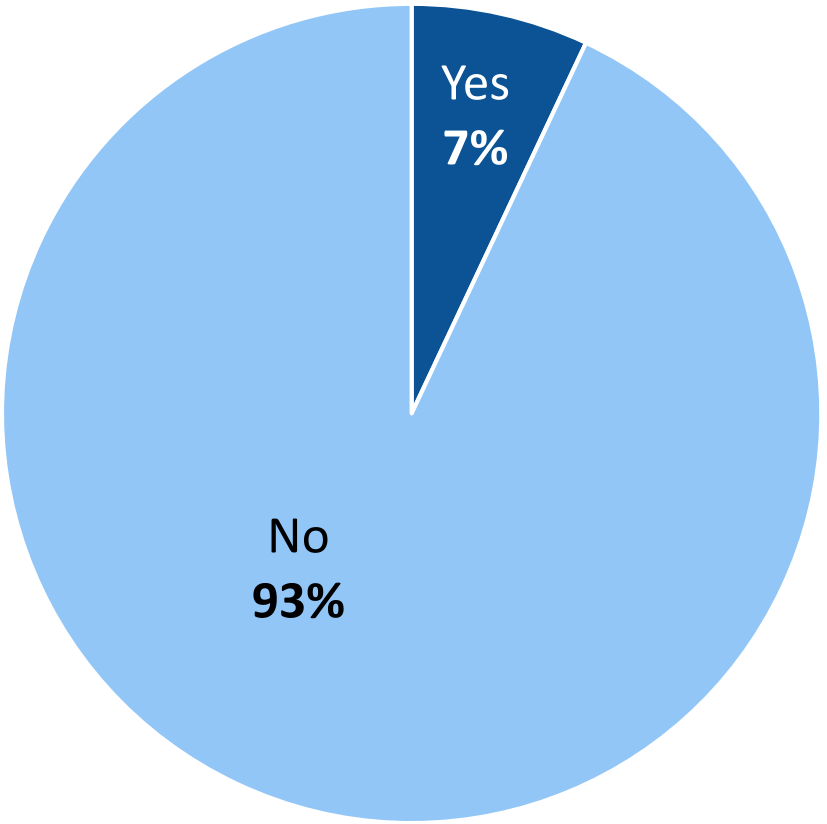
Things Seen at a Bar by FSU Students



FSU Binge Drinkers Who Have Ever Been "Cut Off"* Due to Level of Intoxication

Places where students were "cut off" include:

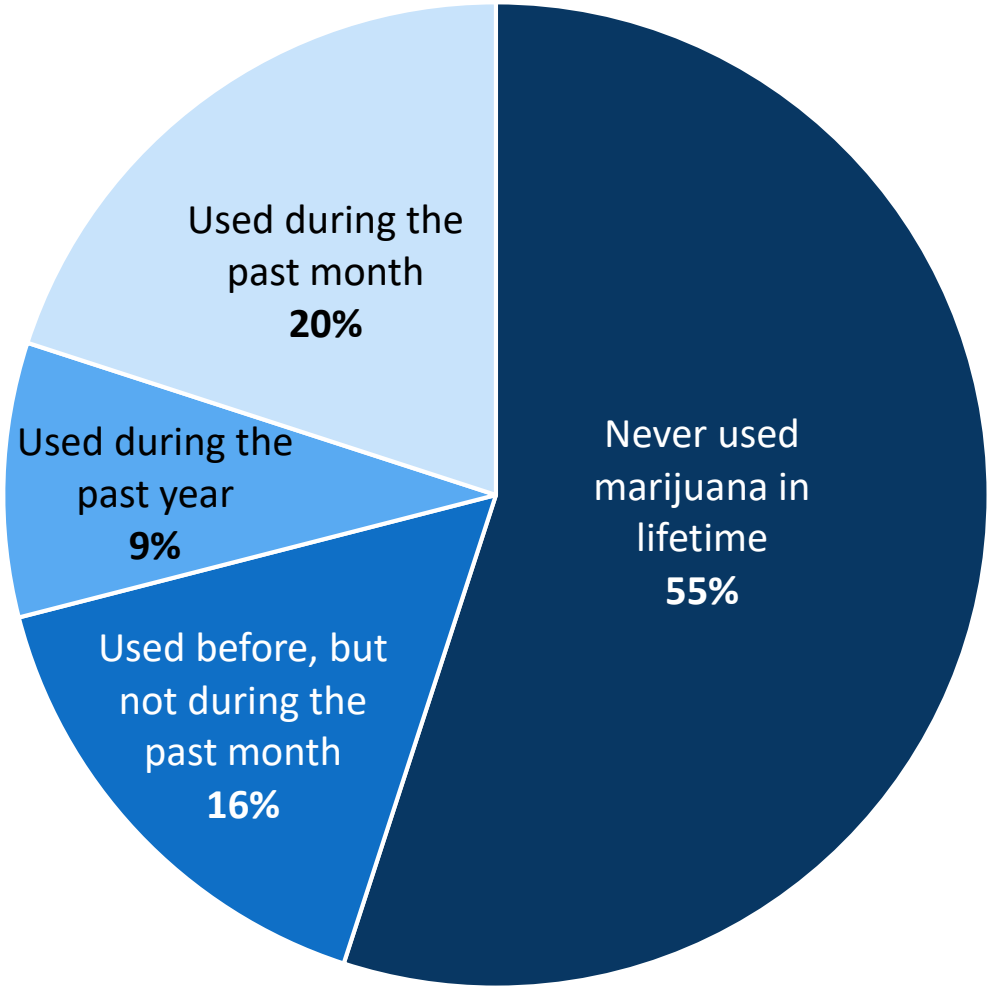
- Off-campus residence
- Off-campus parties
- Bar, restaurant, or club
- Fraternity/sorority-sponsored event
- Residence hall/dorm room



**Cut off or denied service of alcohol*

Overlap between Alcohol and Other Substance Use

Cannabis Use among FSU Students



45%

have tried cannabis at least once in their lifetime

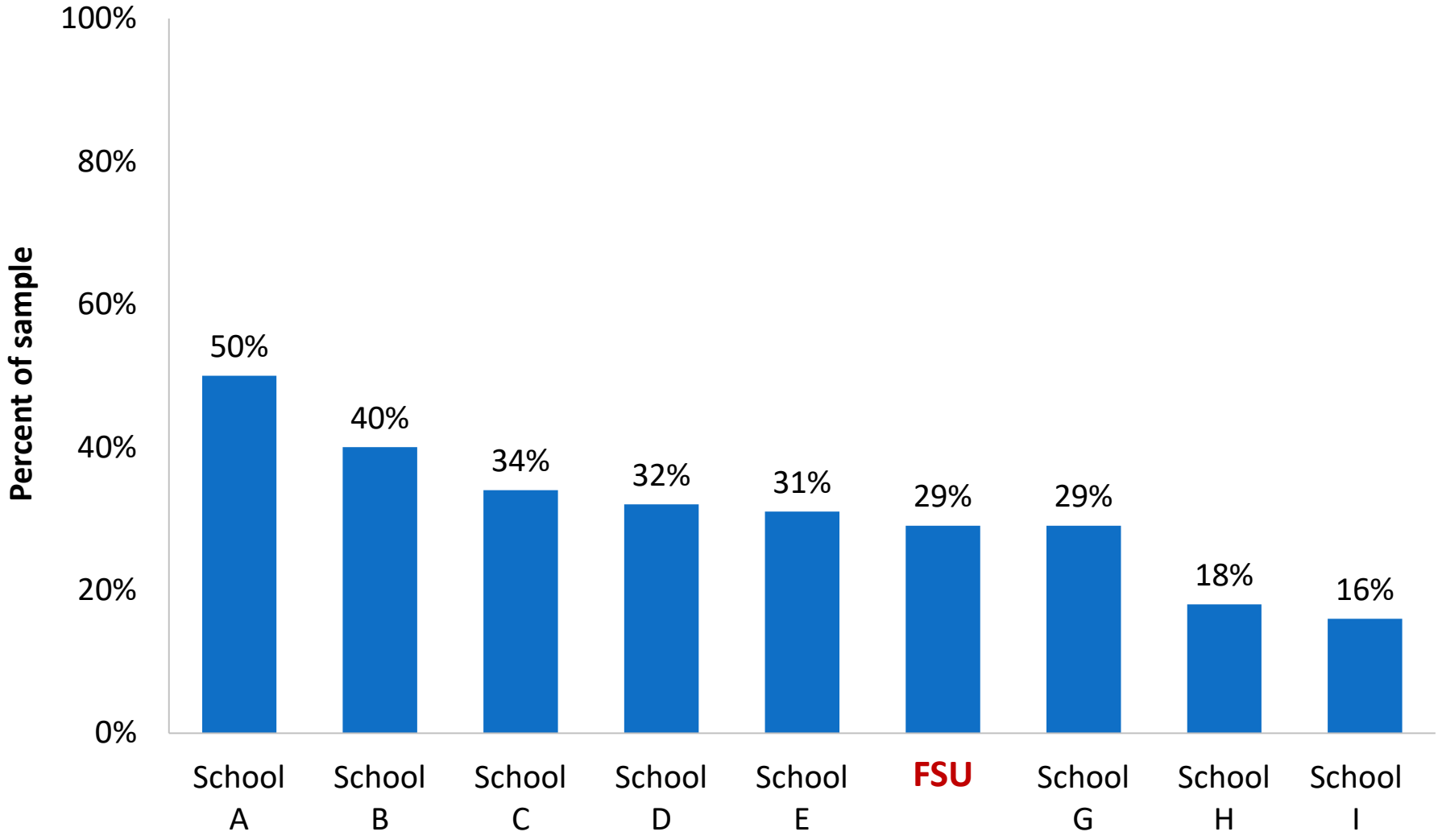
Of students who have ever tried it, 47% of them first used cannabis prior to age 18

29%

used cannabis during the past year

What Proportion of Students Use Cannabis?

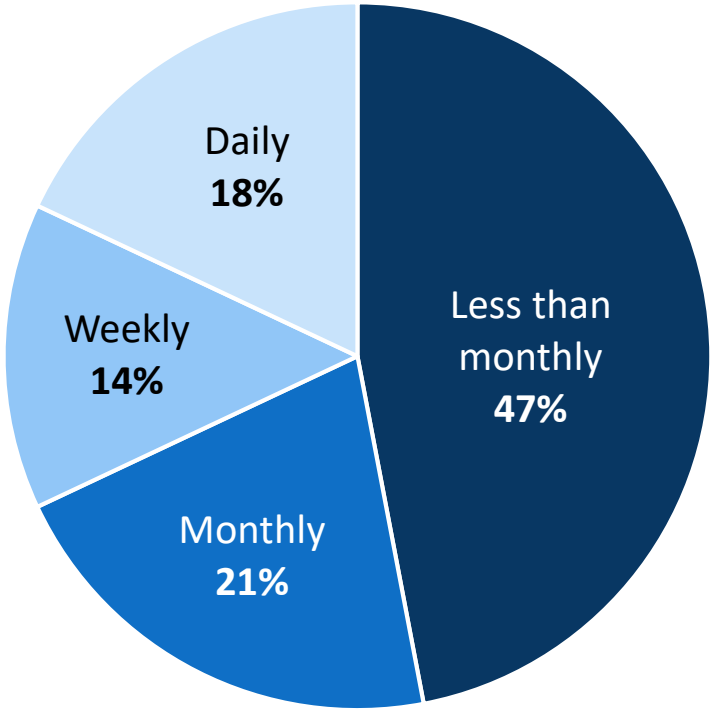
By School, MD-CAS 2020



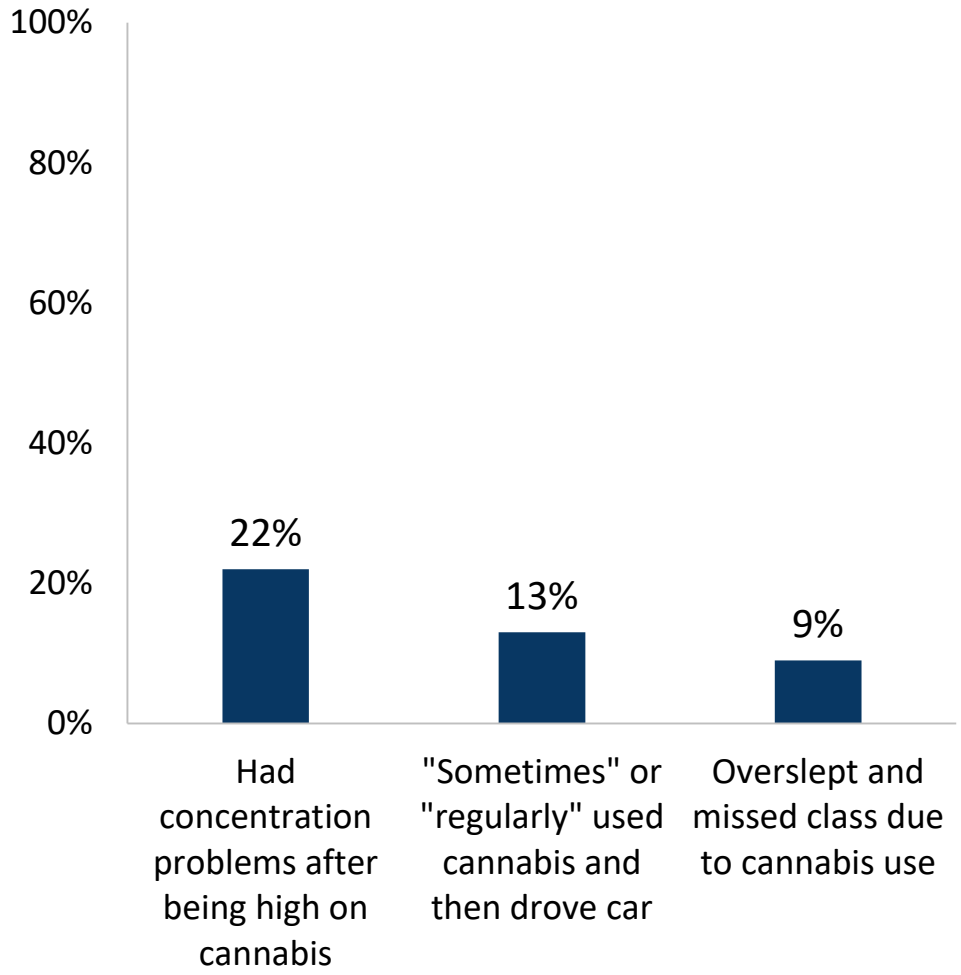
Note: Past-year cannabis use

Past-year Cannabis Use and Consequences
among FSU Past-year Cannabis Users

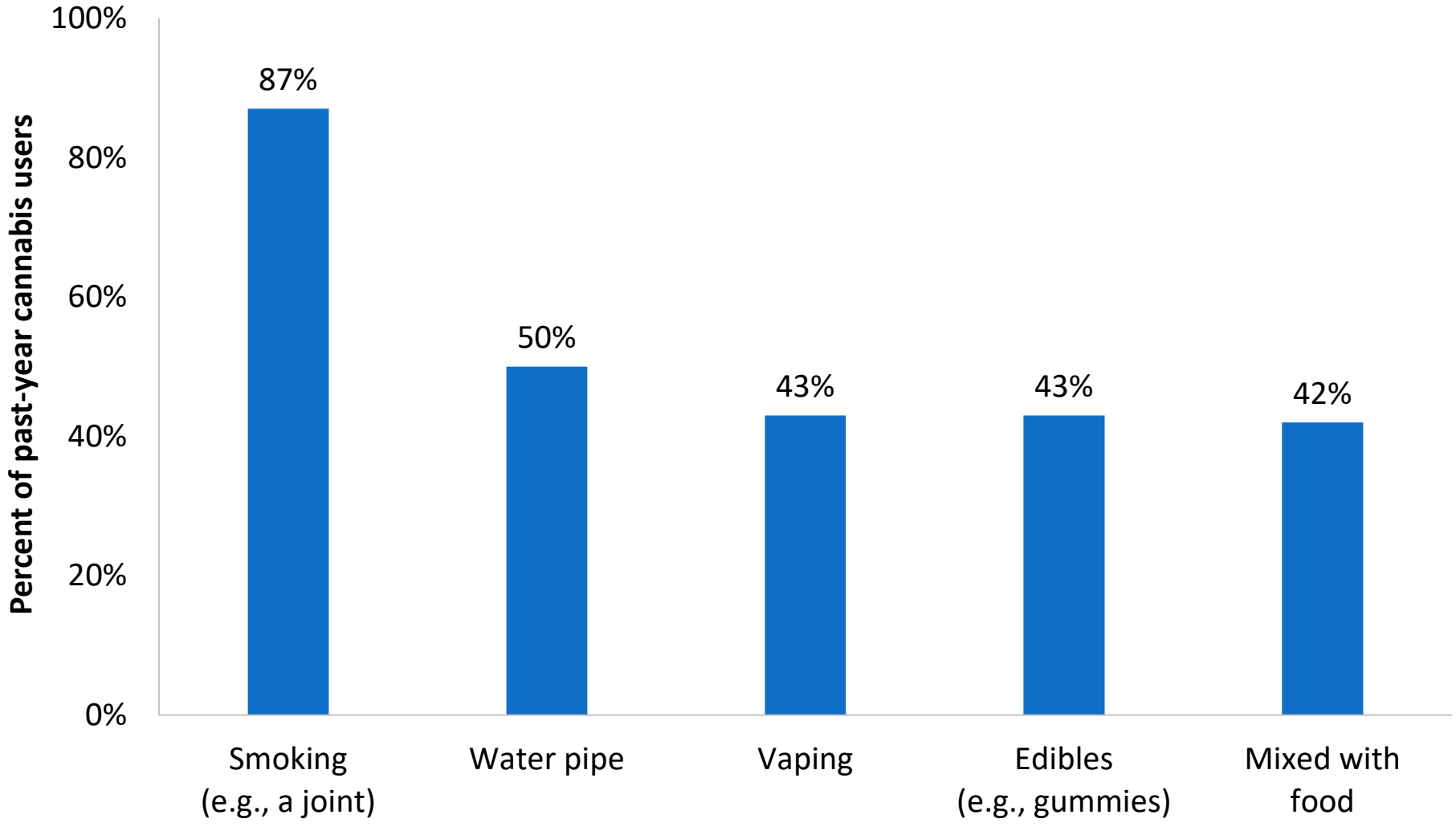
Frequency of use during the past year



Consequences of use

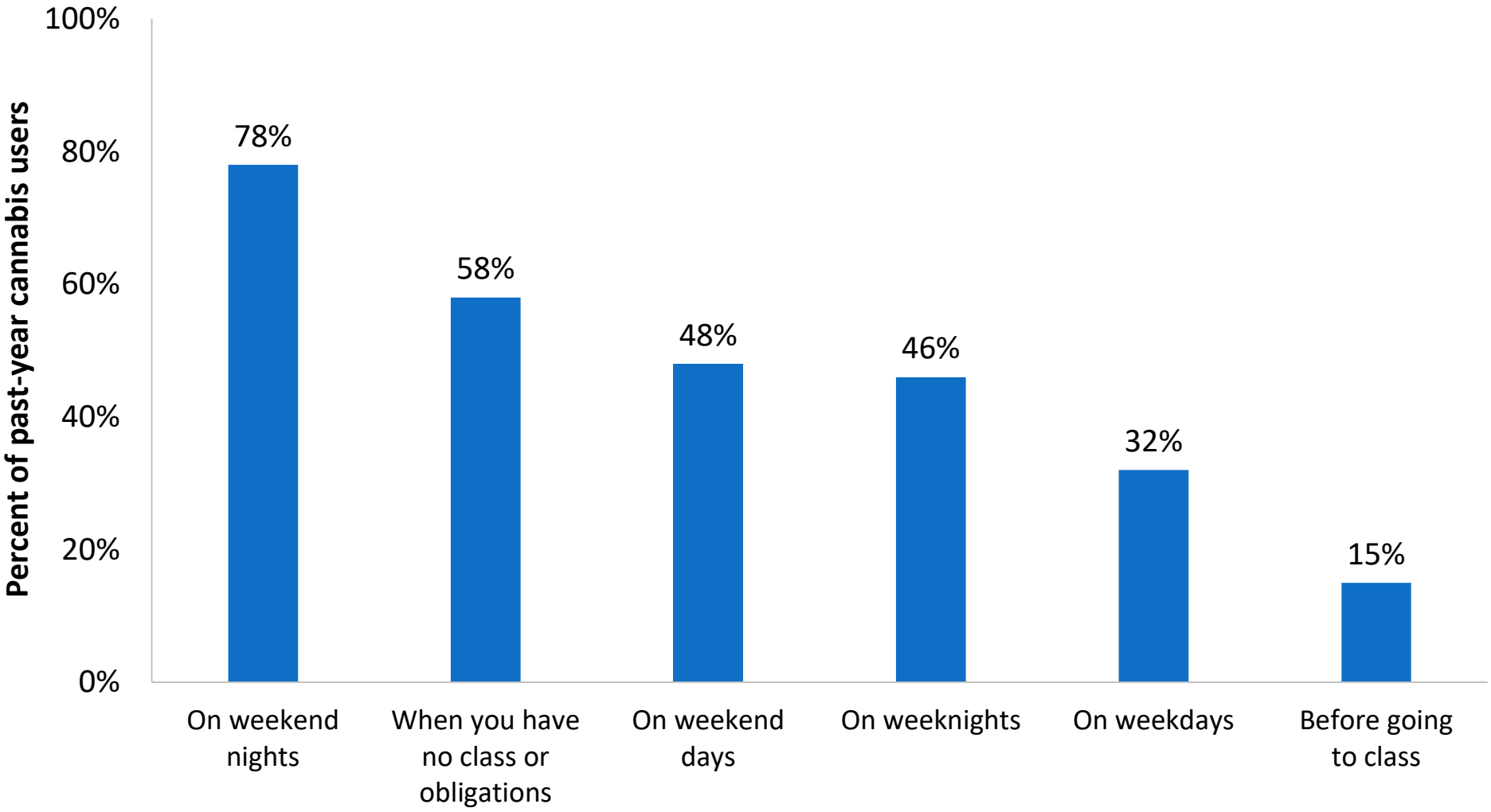


How FSU Students Use Cannabis*



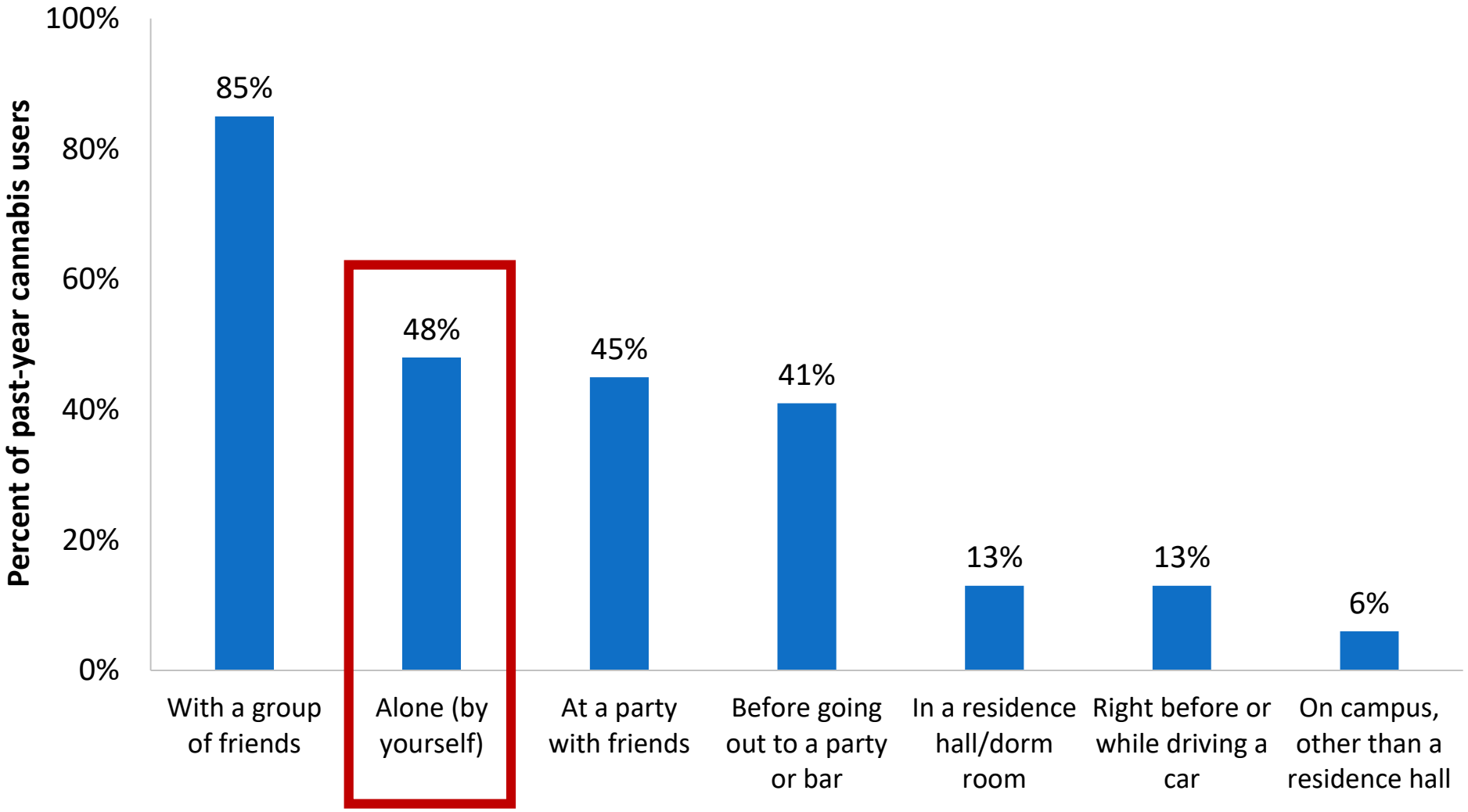
*Among past-year cannabis users

When FSU Students Use Cannabis*



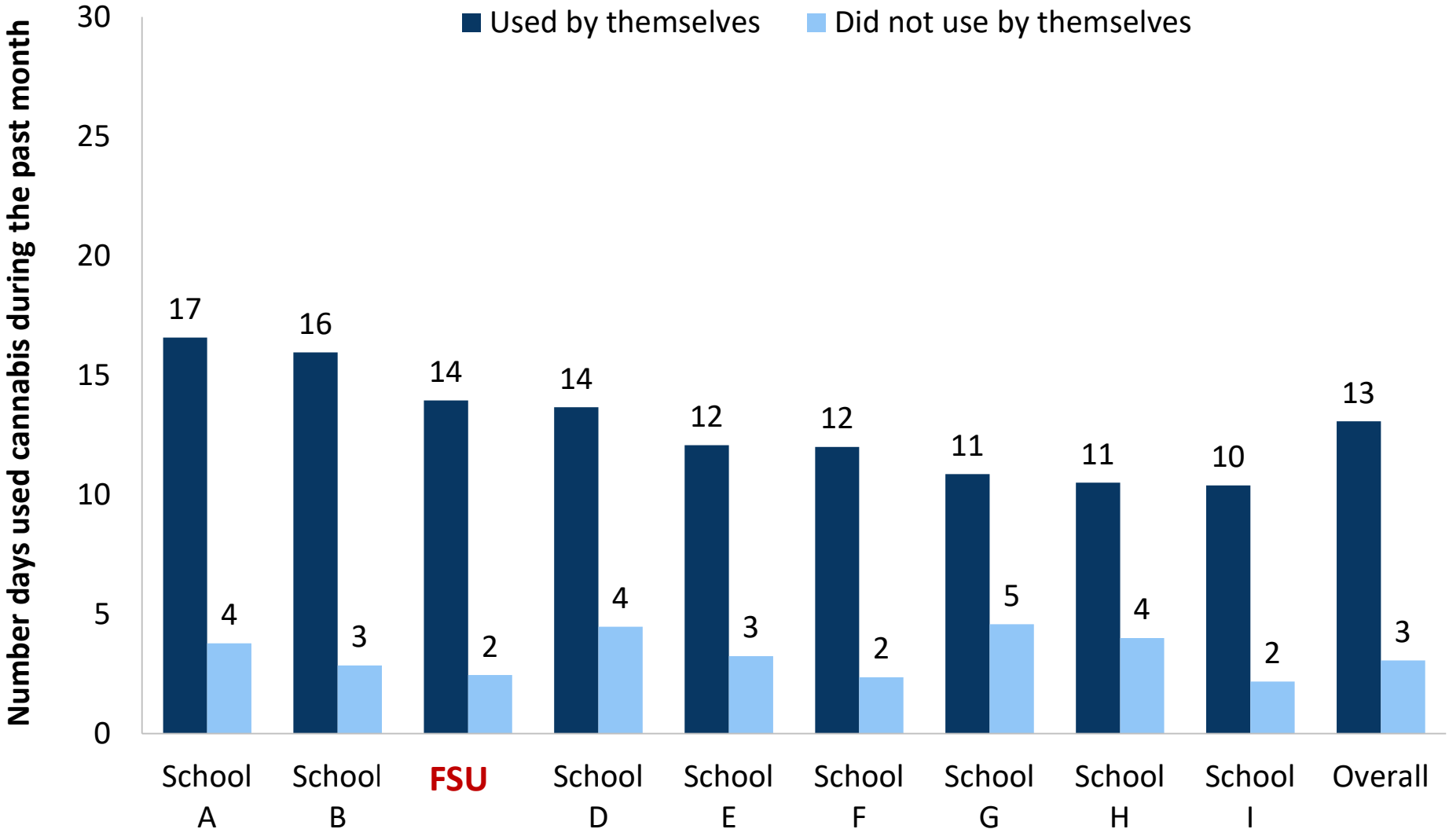
*Among past-year cannabis users

Situations in which FSU Students Use Cannabis*



*Among past-year cannabis users

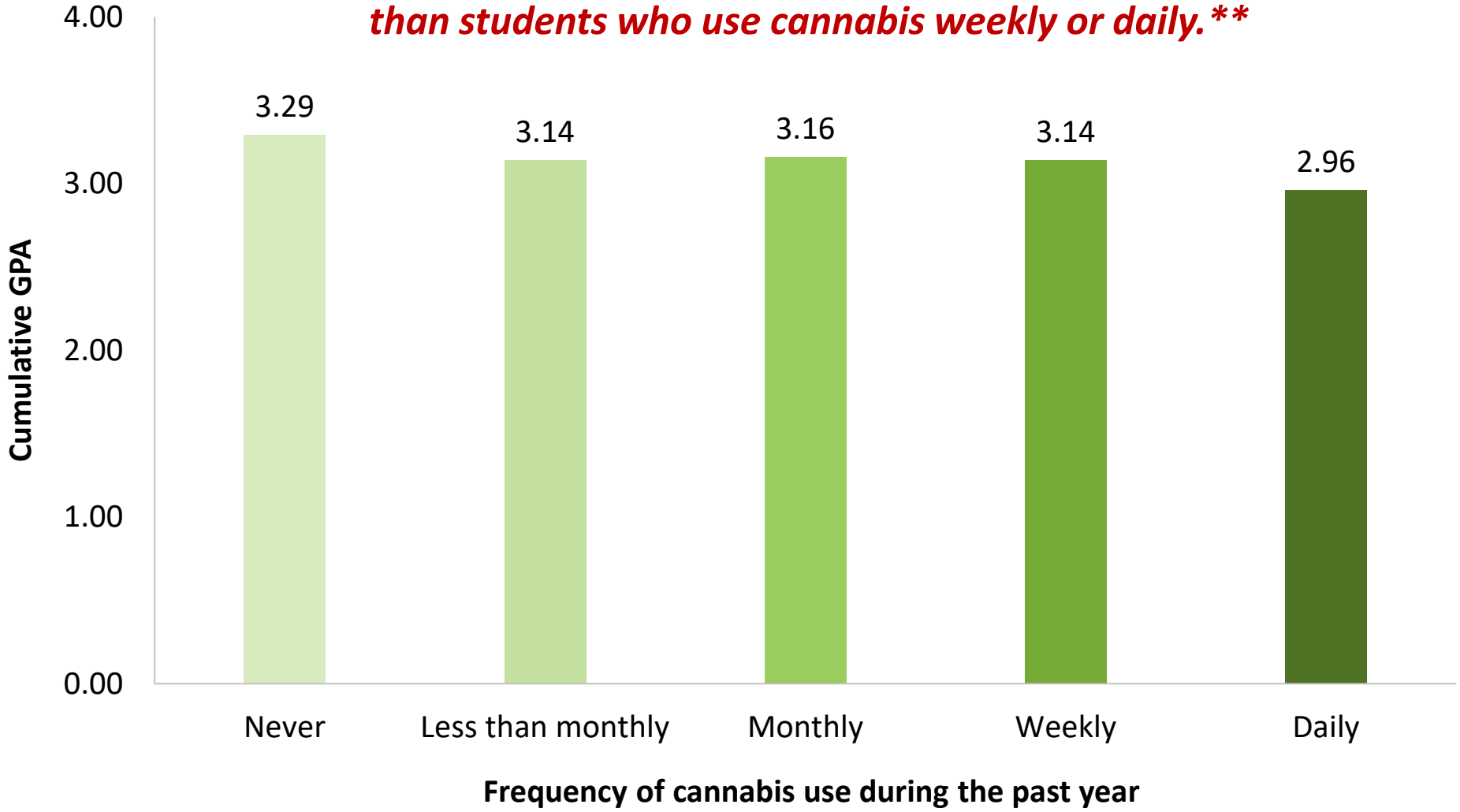
Number of Days Used Cannabis during the Past Month among Students Who Did and Did Not Use Alone



Note: "Used by themselves" means that they used cannabis alone (i.e., without friends or other people) at least once during the past year

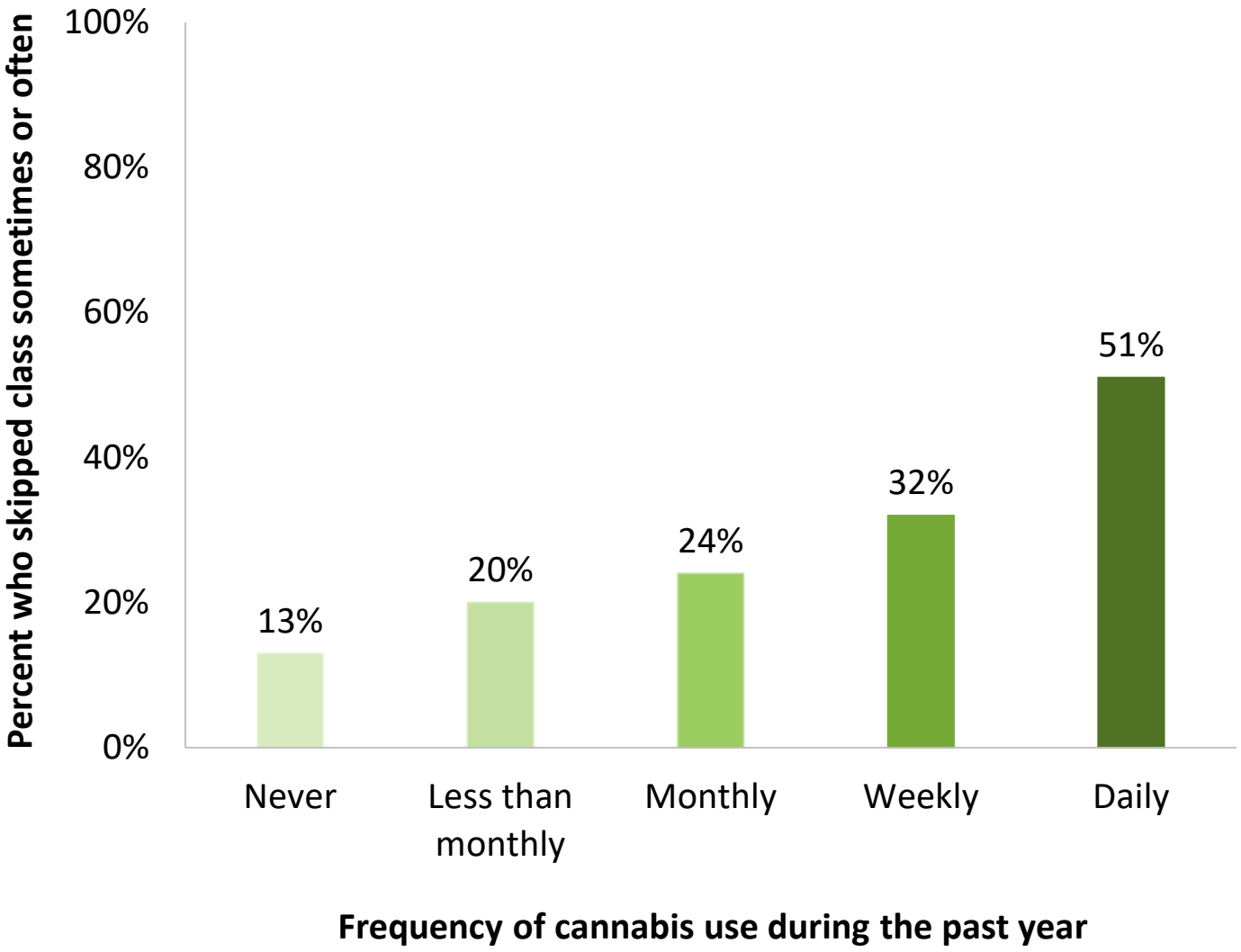
GPA by Past-year Cannabis Use, among FSU Students, 2015-2020*

Students who do not use cannabis have significantly higher GPAs than students who use cannabis weekly or daily.**



**This figure use combined data from the MD-CAS 2015-2020; **Includes monthly, weekly, and daily users*

Skipping Class by Past-year Cannabis Use Frequency
among FSU Students, 2016-2020*



Cumulative GPA of students who skip class never/rarely

3.29

Cumulative GPA of students who skip class sometimes/often

2.92

**This figure use combined data from the MD-CAS 2016-2020*

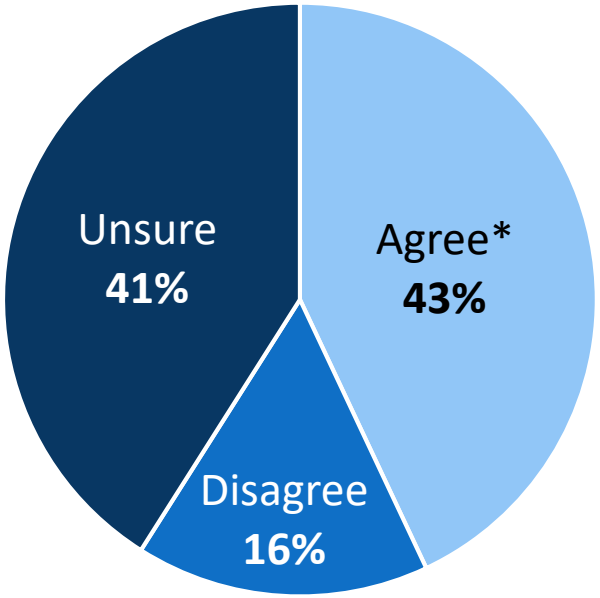
Perceptions Regarding Cannabis Use
among FSU Students

	Agree	Disagree	Unsure
Marijuana can lead to legal problems for students	**78%***	11%	12%
Marijuana can be physically addictive	**53%***	29%	18%
The earlier the age that marijuana use begins, the worse the cognitive effects are	**53%***	13%	34%
Marijuana use is an effective way to reduce stress	52%	**16%***	32%
More frequent marijuana use is associated with more cognitive problems	**50%***	17%	33%
Marijuana is much more potent than it used to be	**43%***	16%	41%
Students who use marijuana skip more classes than non-users	**39%***	30%	31%
Marijuana use is associated with fewer academic problems than excessive drinking	36%	**18%***	46%
Students who use marijuana are at risk for other forms of substance use	**35%***	39%	26%
Students who use marijuana are more academically disengaged than non-users	**35%***	36%	29%
Marijuana is related to increased risk for mental health problems	**31%***	31%	38%
A substantial proportion of marijuana users do not consume alcohol excessively	29%	**20%***	50%
Students who use marijuana are more likely to be excessive drinkers than non-users	**15%***	43%	42%

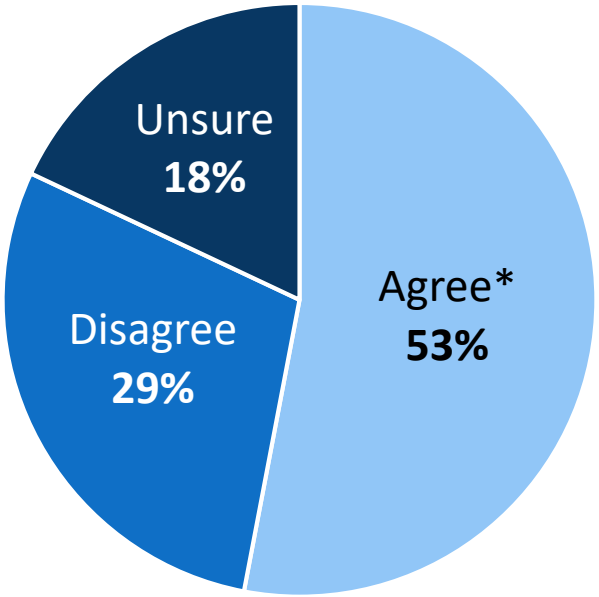
**Indicates most correct answer based on current science*

Perceptions Regarding Cannabis Use
among FSU Students

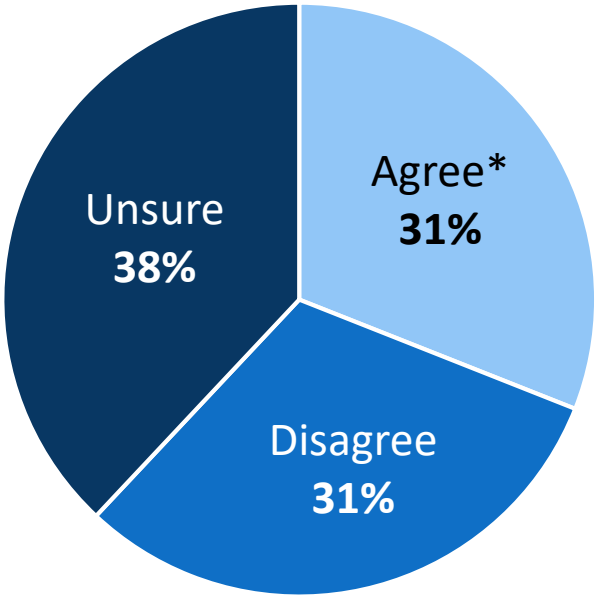
"Marijuana is much more potent than it used to be."



"Marijuana can be physically addictive."



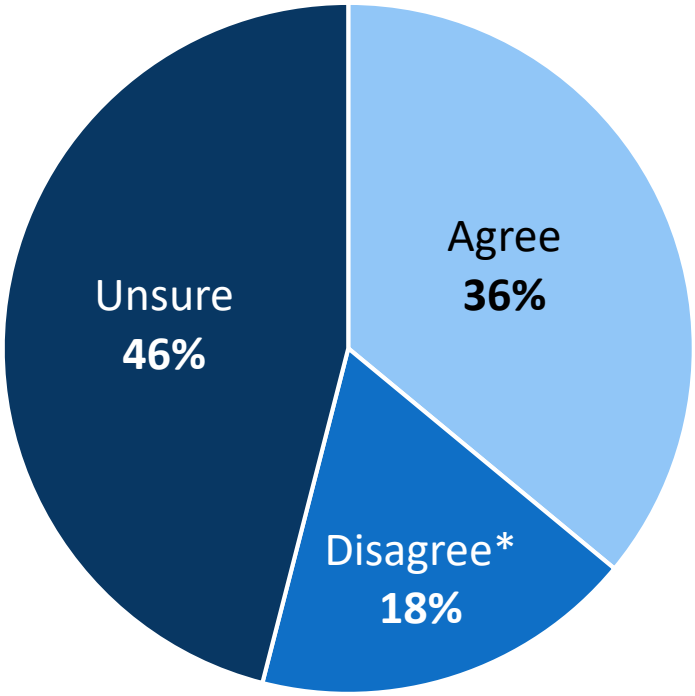
"Marijuana use is related to an increased risk for mental health problems."



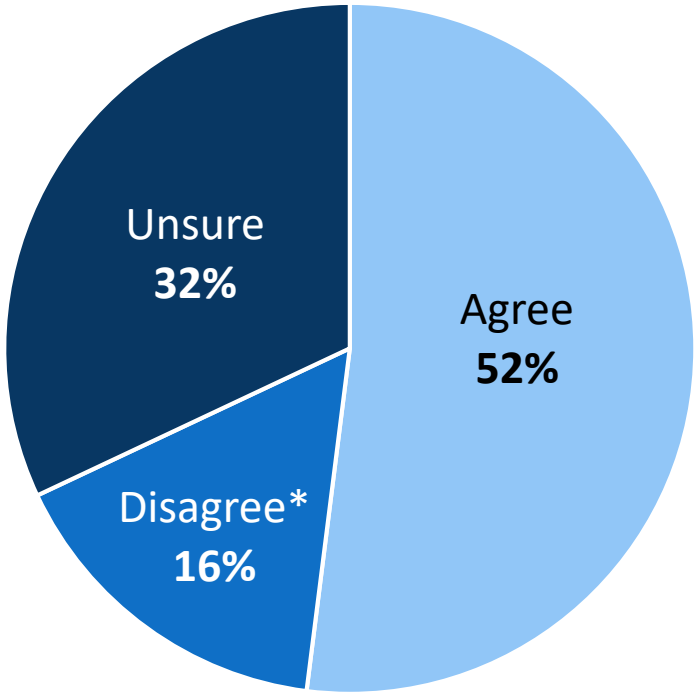
**Indicates most correct answer based on current science*

Perceptions Regarding Cannabis Use
among FSU Students

"Marijuana use is associated with fewer academic problems than excessive drinking."

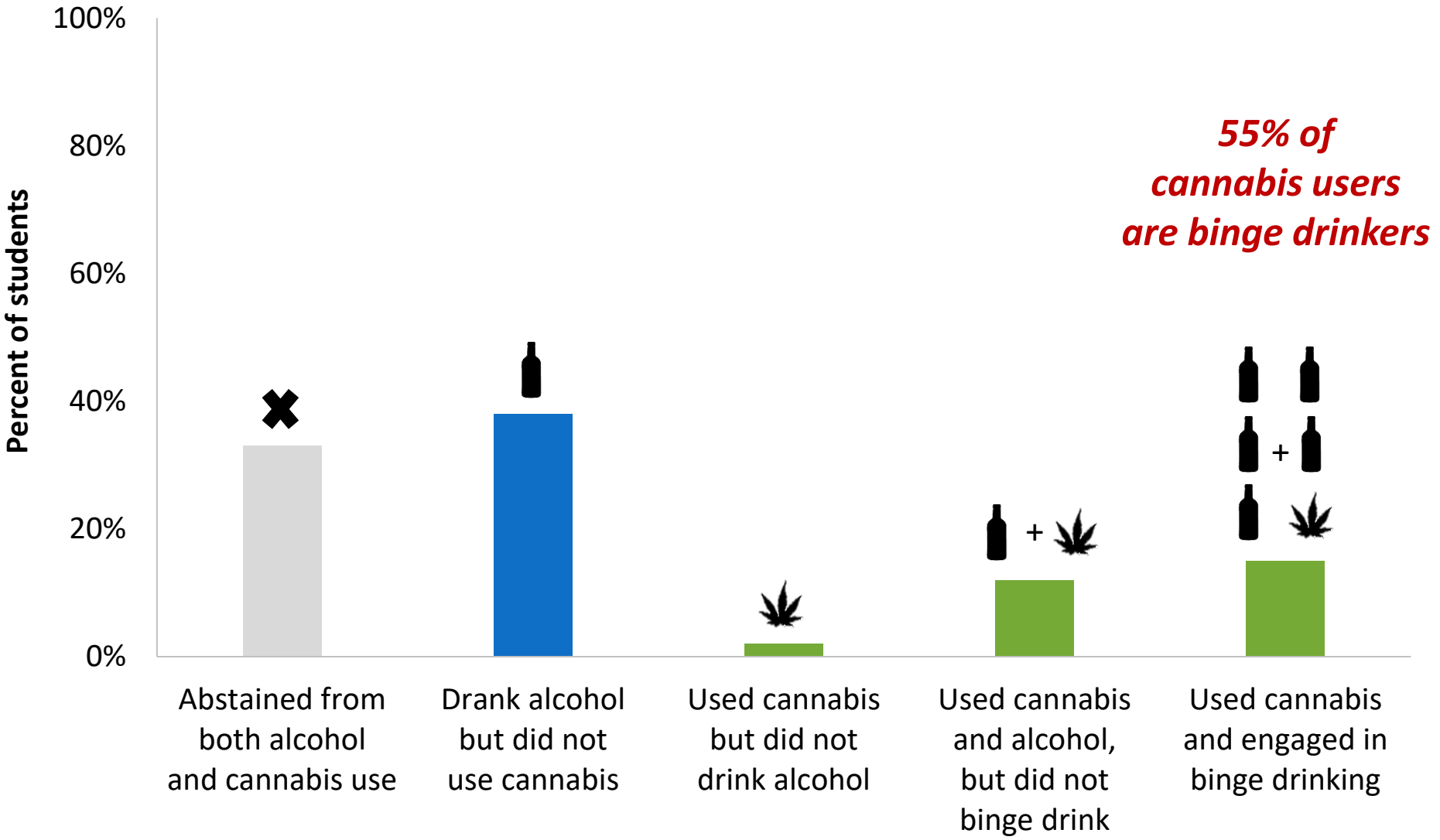


"Marijuana use is an effective way to reduce stress."



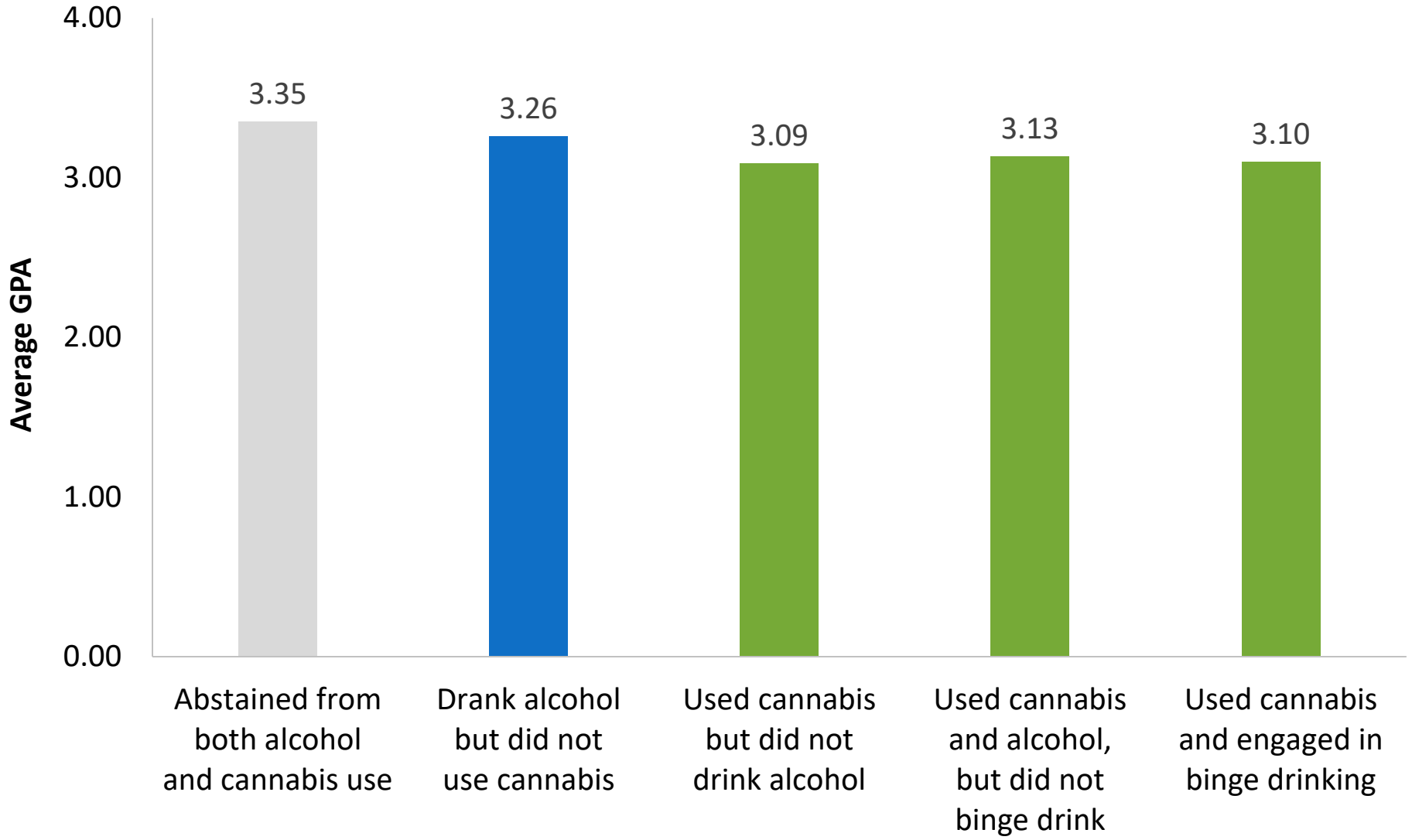
**Indicates most correct answer based on current science*

Overlap between Alcohol and Cannabis Use*
among FSU Students



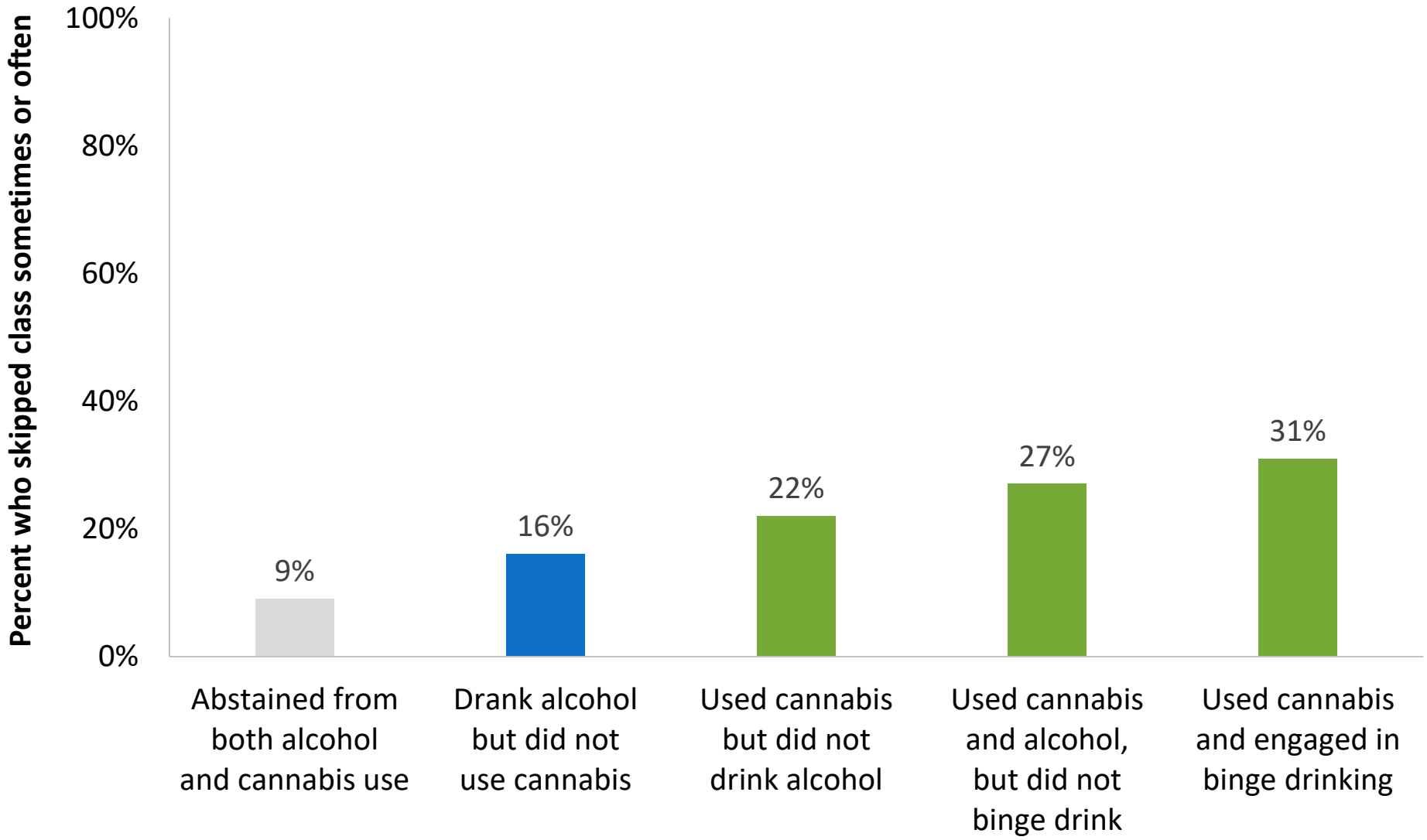
*Past-month binge drinking; past-year cannabis use

GPA by Alcohol and Cannabis Use*
among FSU Students, 2015-2020



Past-month binge drinking; past-year cannabis use

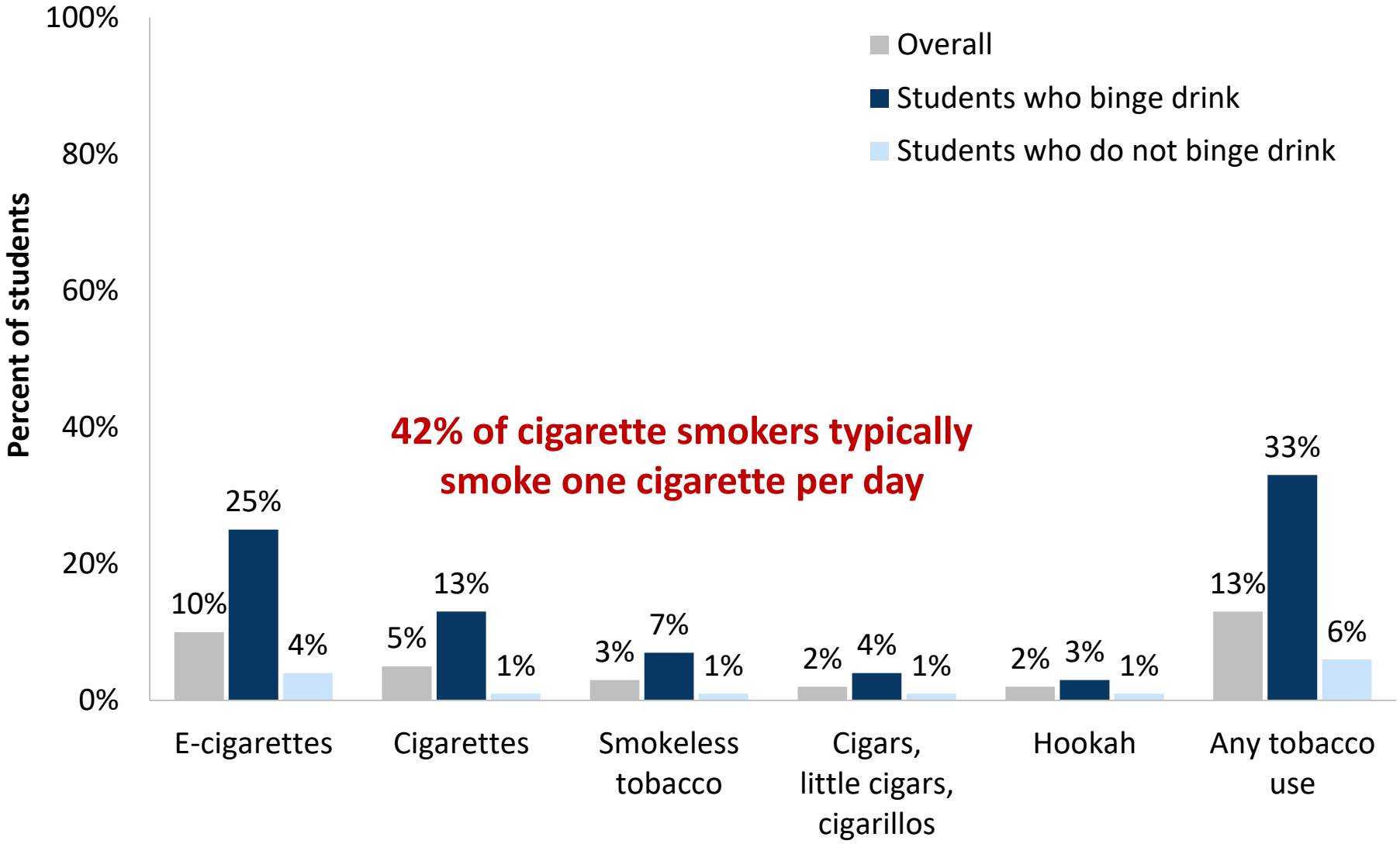
Skipping Class by Alcohol and Cannabis Use*
among FSU Students, 2016-2020



Past-month binge drinking; past-year cannabis use

What Proportion of FSU Students Use Tobacco?

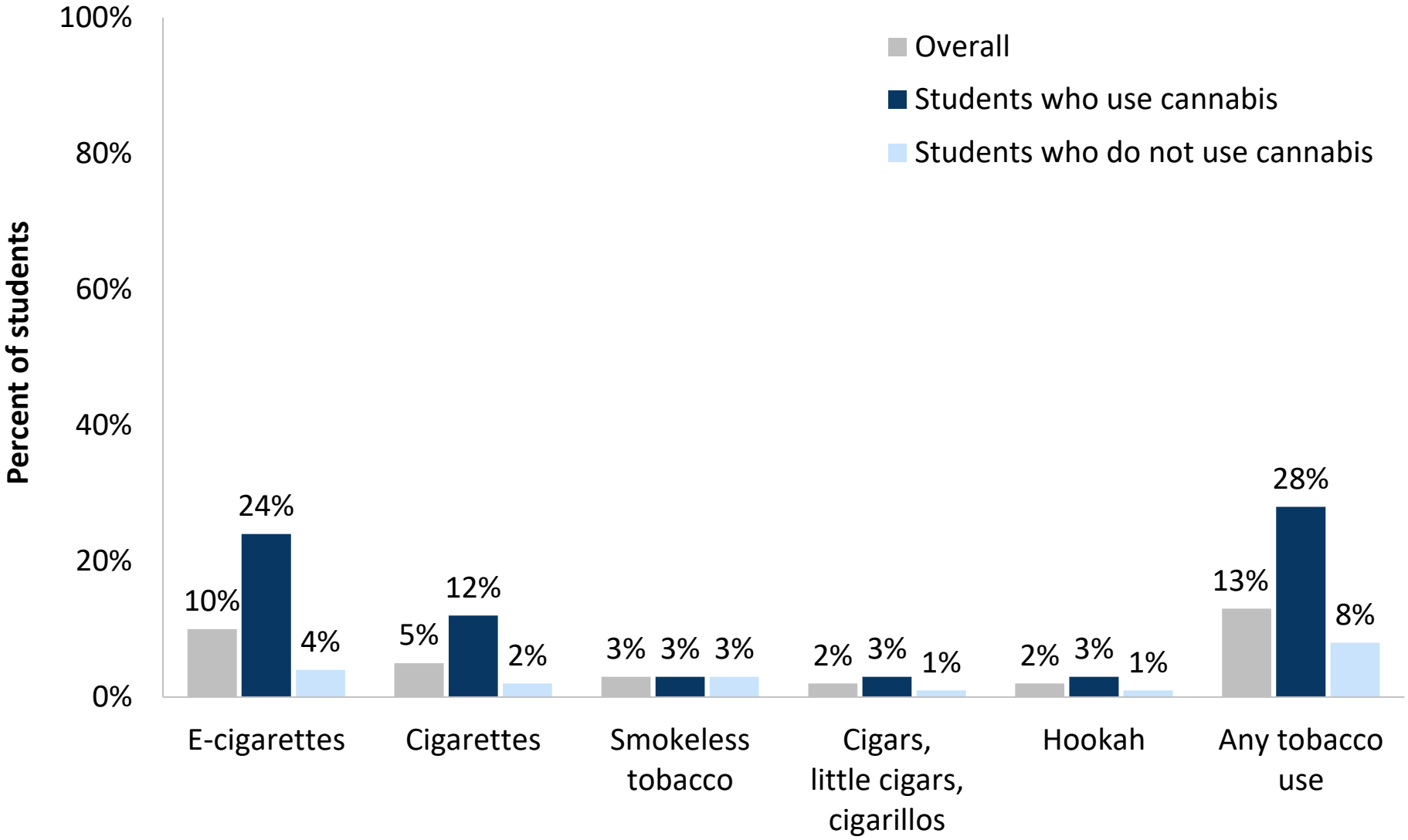
Overall and by Past-month Binge Drinking



*Past-month tobacco use; past-month binge drinking

What Proportion of FSU Students Use Tobacco?

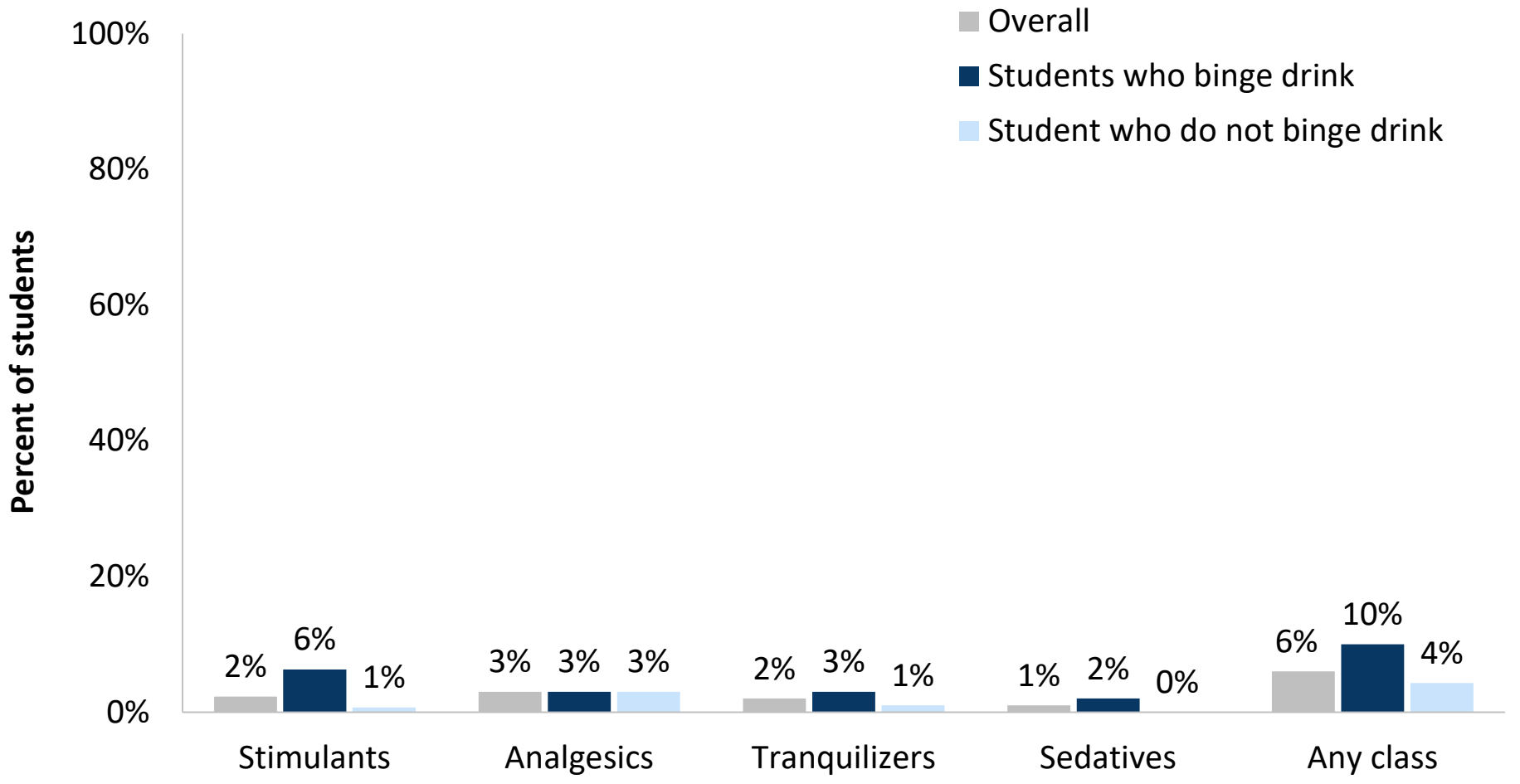
Overall and by Past-year Cannabis Use



*Past-month tobacco use; past-year cannabis use

Past-year Nonmedical Prescription Drug Use among FSU Students

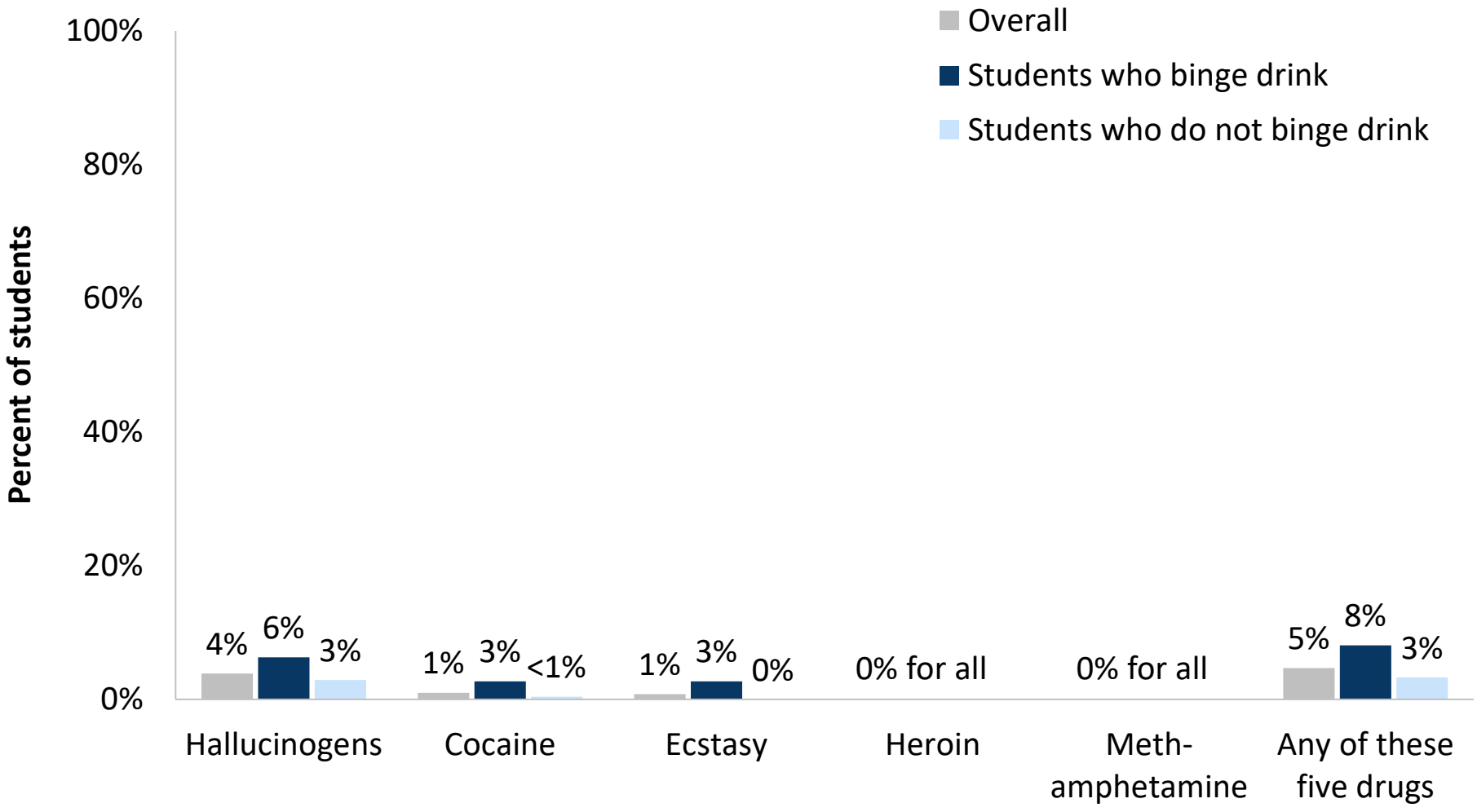
Overall and by Past-month Binge Drinking



Note: Nonmedical use was defined as "taking a prescription medication that was not prescribed to you or that you took only for the experience or feeling it caused. If you overused your own prescription, like using too much or too frequently, that counts here too."

Other Drug Use during the Past Year among FSU Students

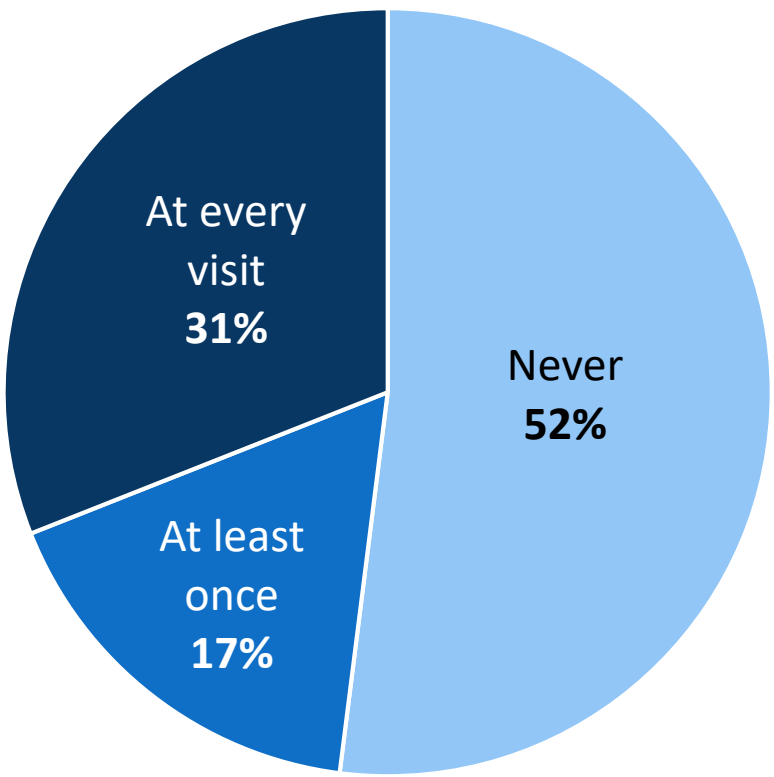
Overall and by Past-month Binge Drinking



Opportunities for Screening and Intervention

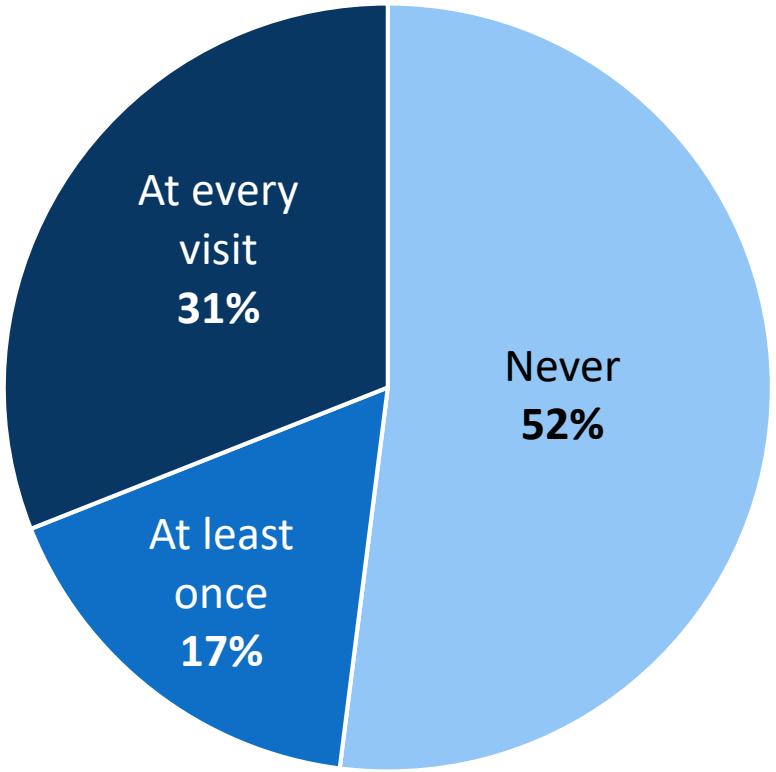
Are FSU Students Asked About Alcohol Use at the Counseling and Health Centers?*

During Counseling Center visits



28% of binge drinkers had ever visited the Counseling Center.

During Health Center visits

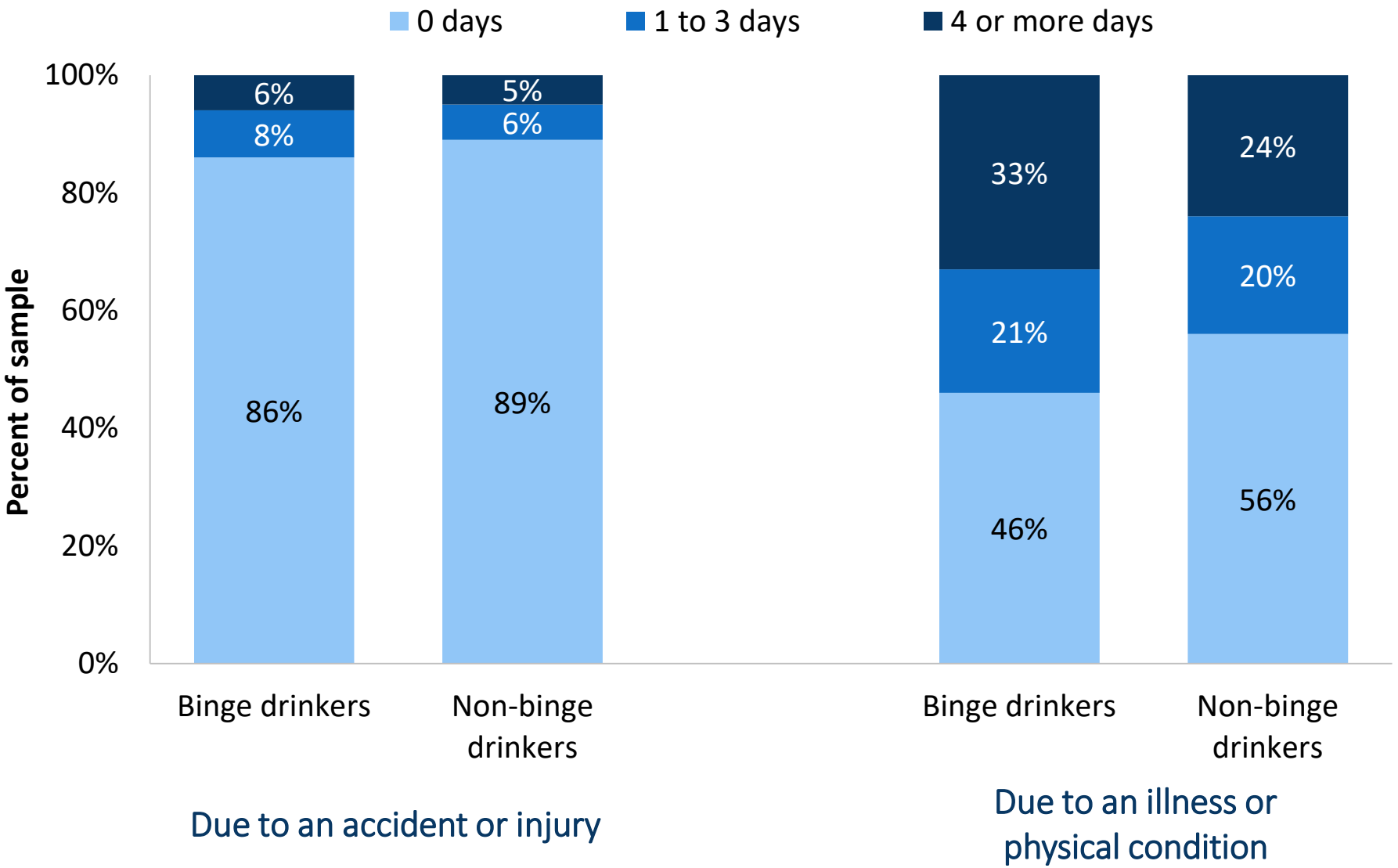


53% of binge drinkers had ever visited the Health Center.

**Among students who have visited the health or counseling centers at least once*

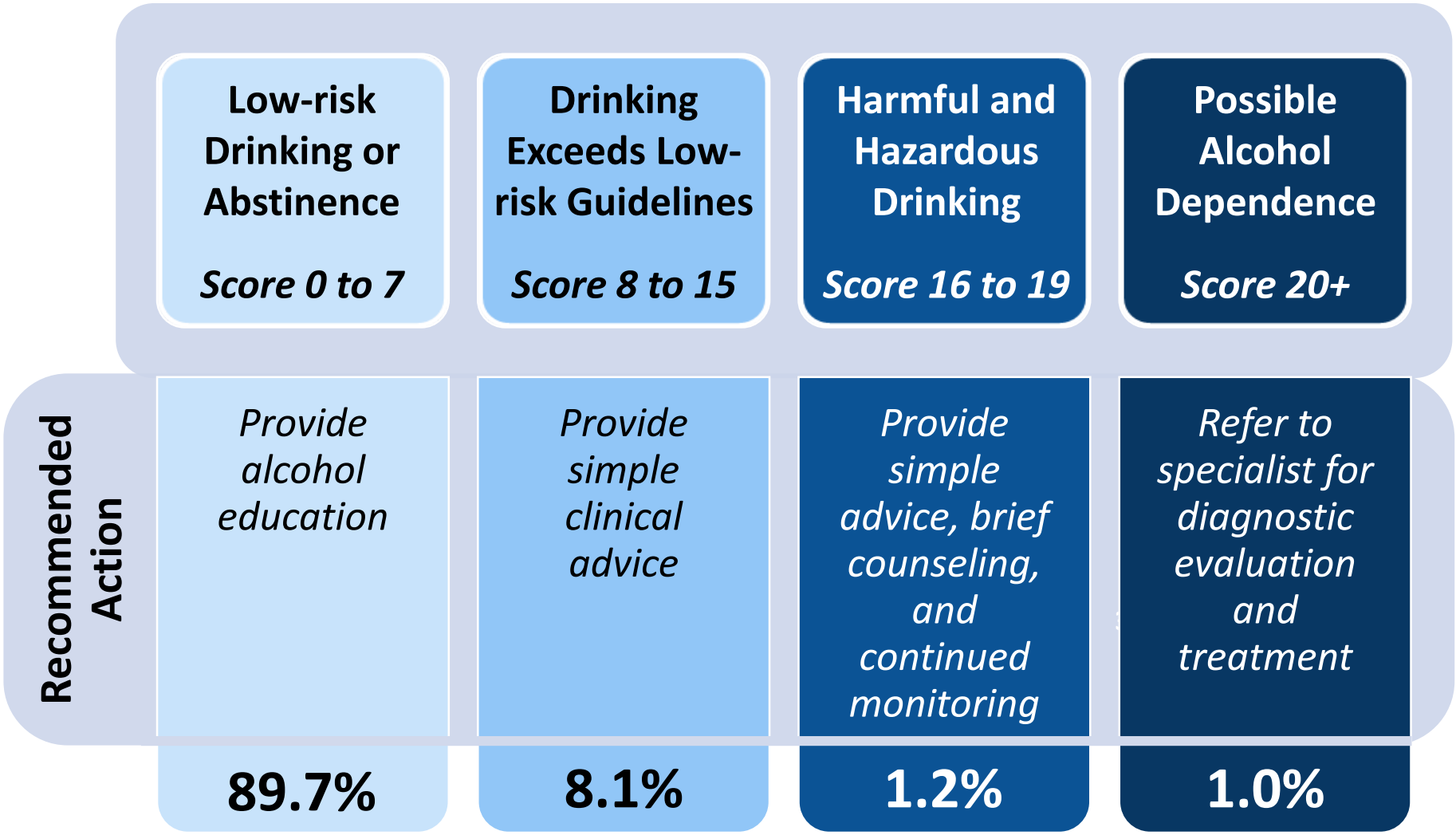
Days Kept From Usual Activities

among the Overall FSU Sample, by Binge Drinking*



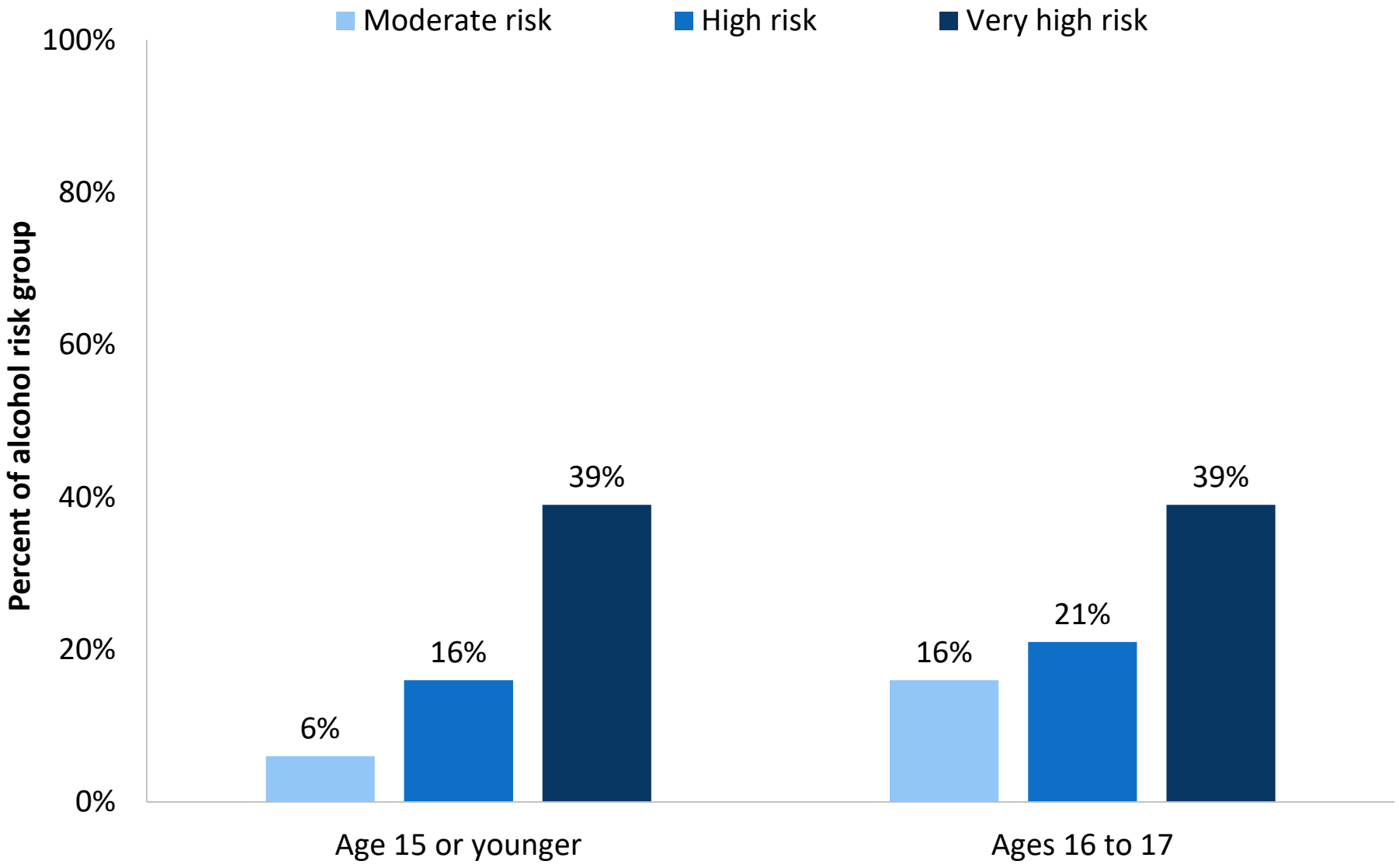
*Past-month binge drinking

Alcohol Use Disorders Identification Test (AUDIT) Scores among FSU Students

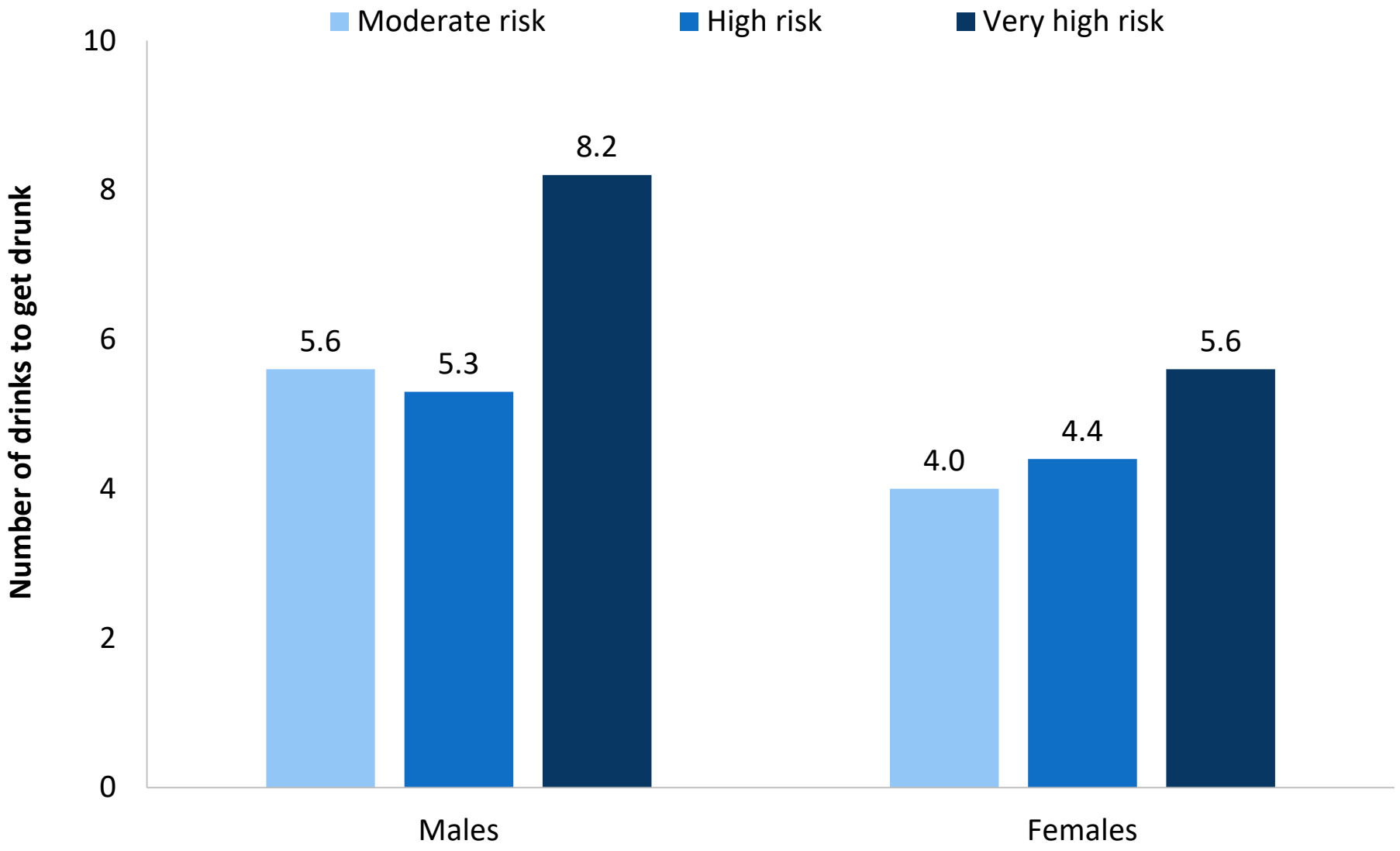


Saunders JB, Aasland OG, Babor TF, de la Fuente JR, Grant M. Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption. Addiction. 1993;88(6):791-804.

Age at First Alcohol Intoxication among FSU Students by Alcohol Risk Group

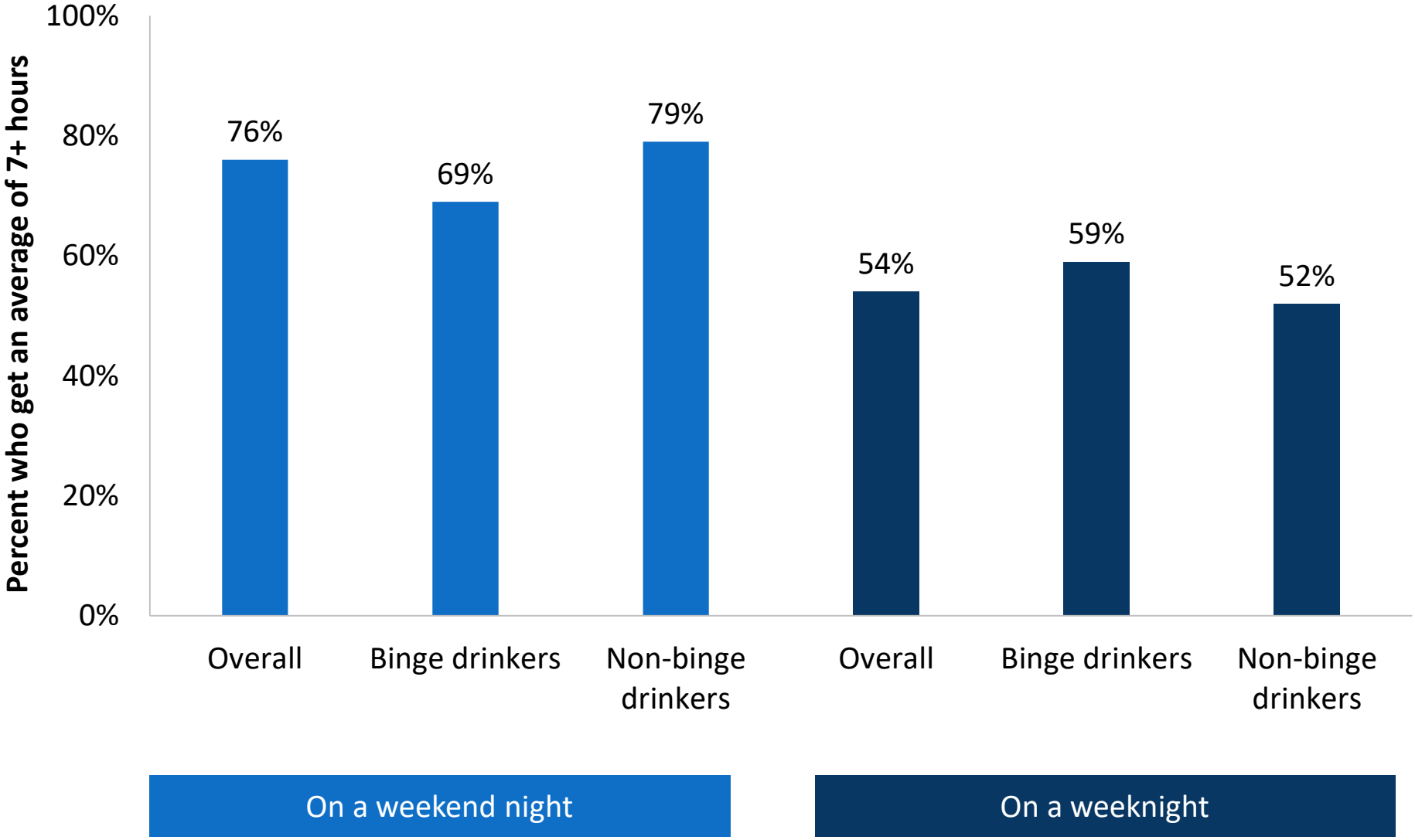


Number of Drinks to Get Drunk among the Overall Sample by Alcohol Risk Group



Sleep among FSU Students*

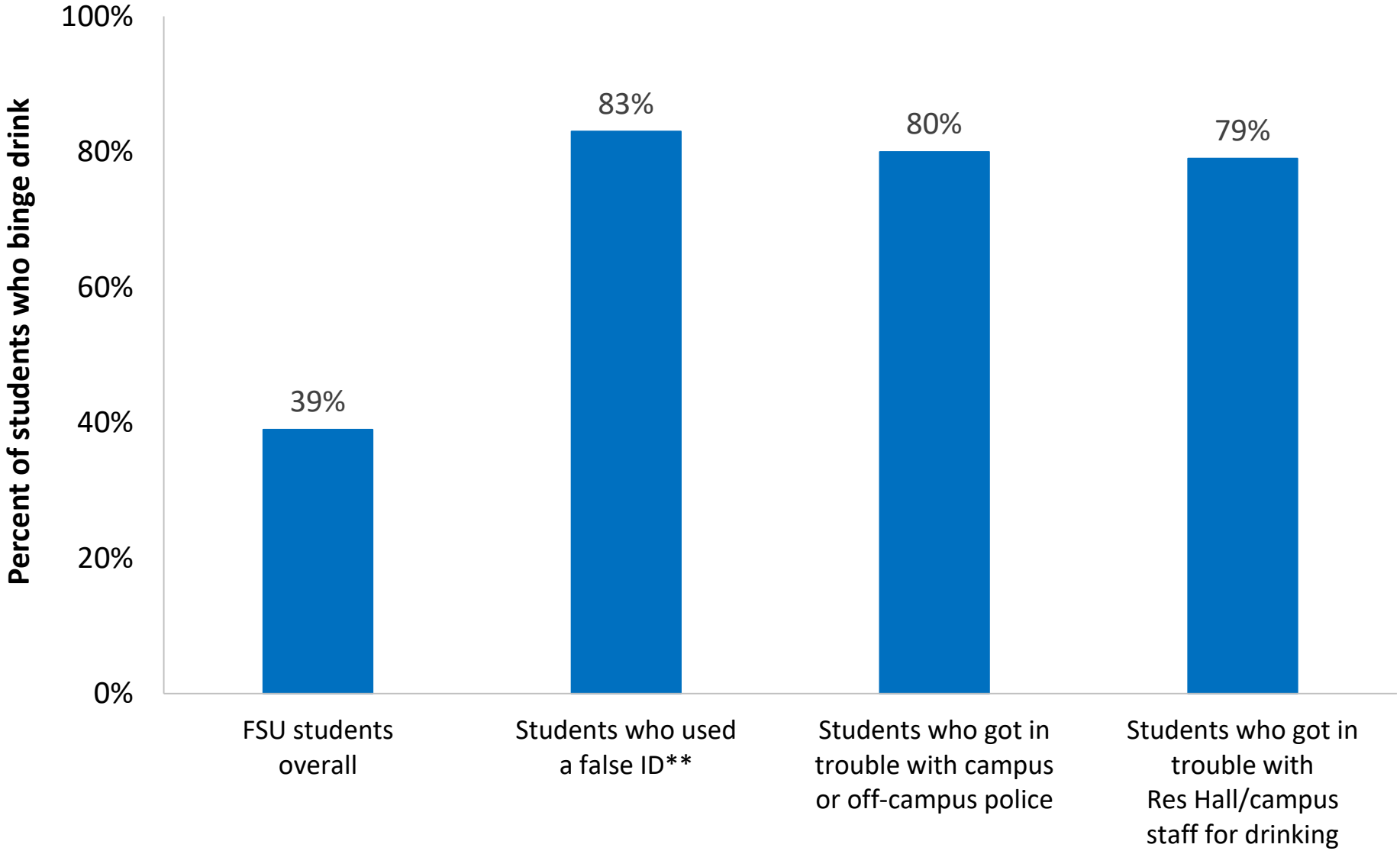
Getting 7 Hours of Sleep or More, by Past-month Binge Drinking



*Average amount of sleep on a weeknight or weekday during the past two weeks

Students Involved in High-risk Situations

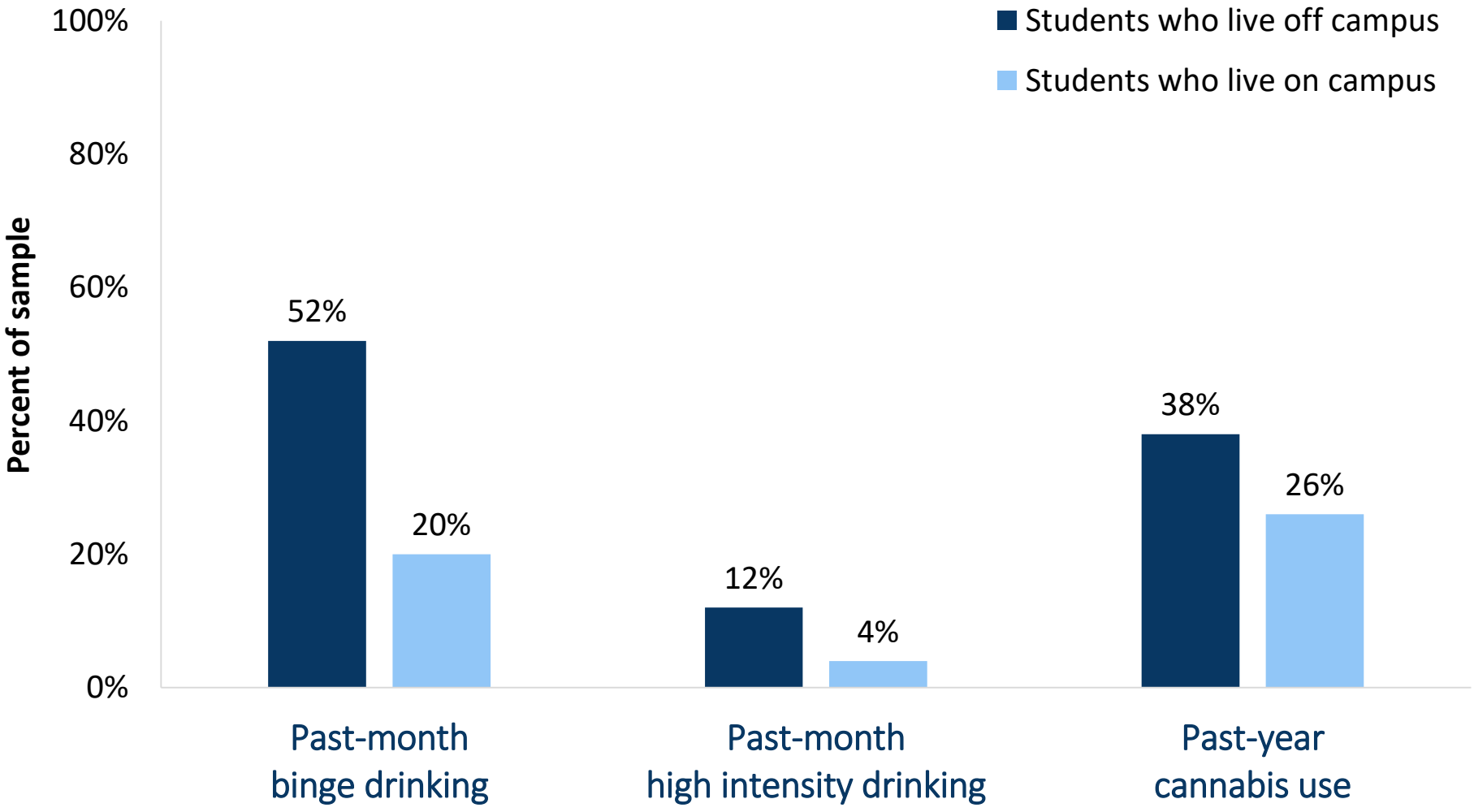
Prevalence of Past-month Binge Drinking, 2016-2020*



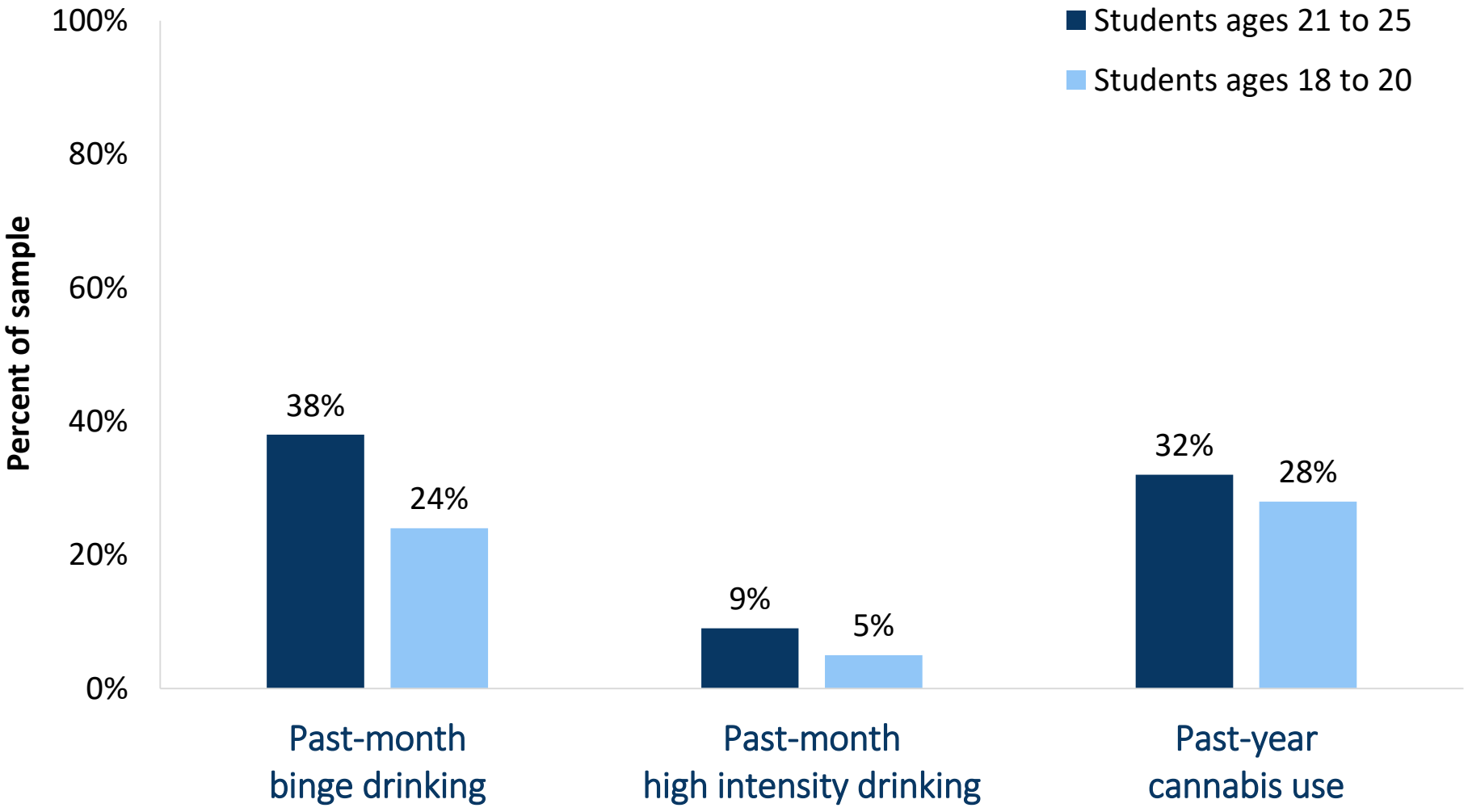
*This figure used aggregated data from 2016-2020; **Among students ages 18 to 20

Students At Risk for Binge Drinking and/or Cannabis Use

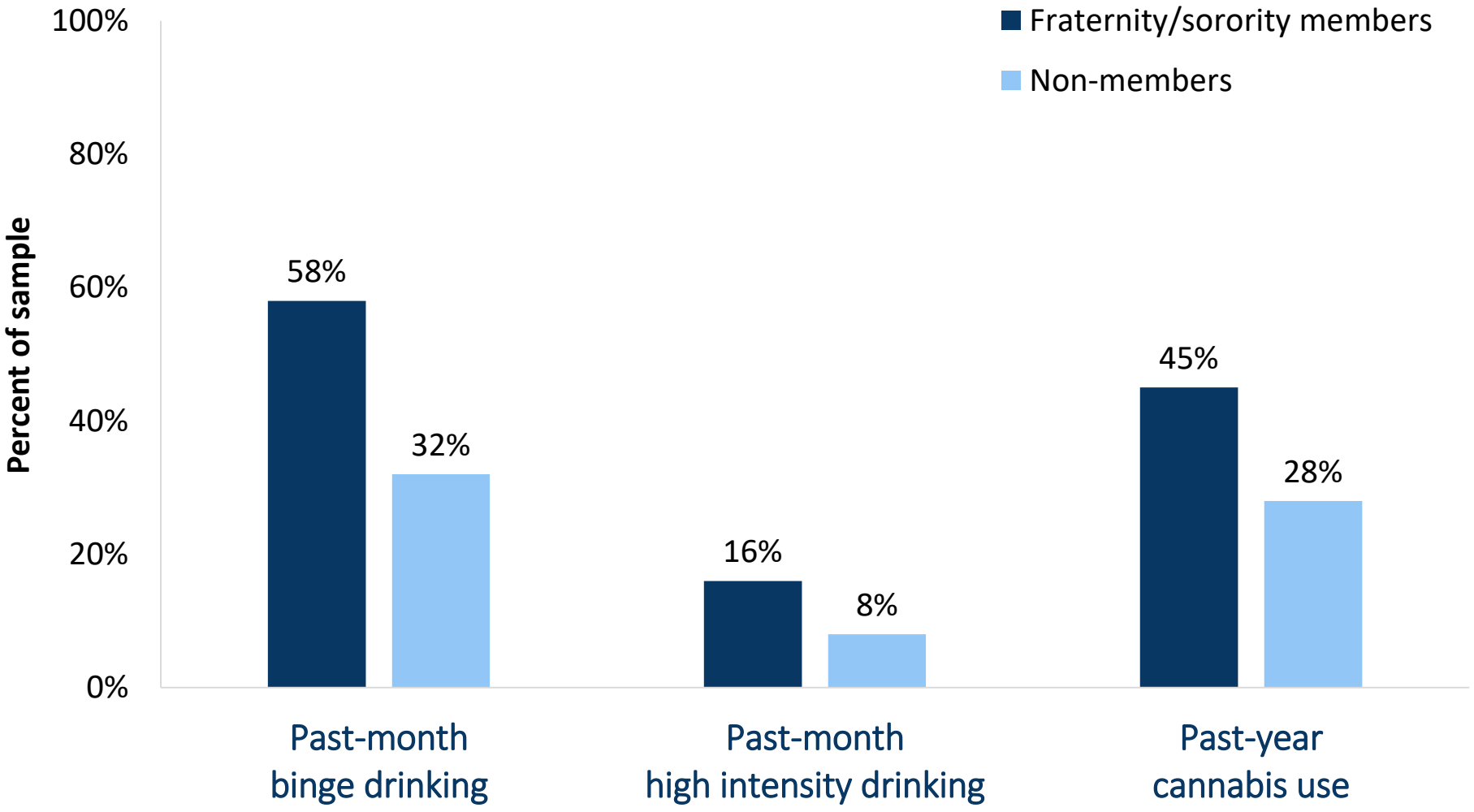
Alcohol and Cannabis Use among FSU Students Who Live Off Campus, 2020



Alcohol and Cannabis Use among FSU Students, by Age Group, 2020

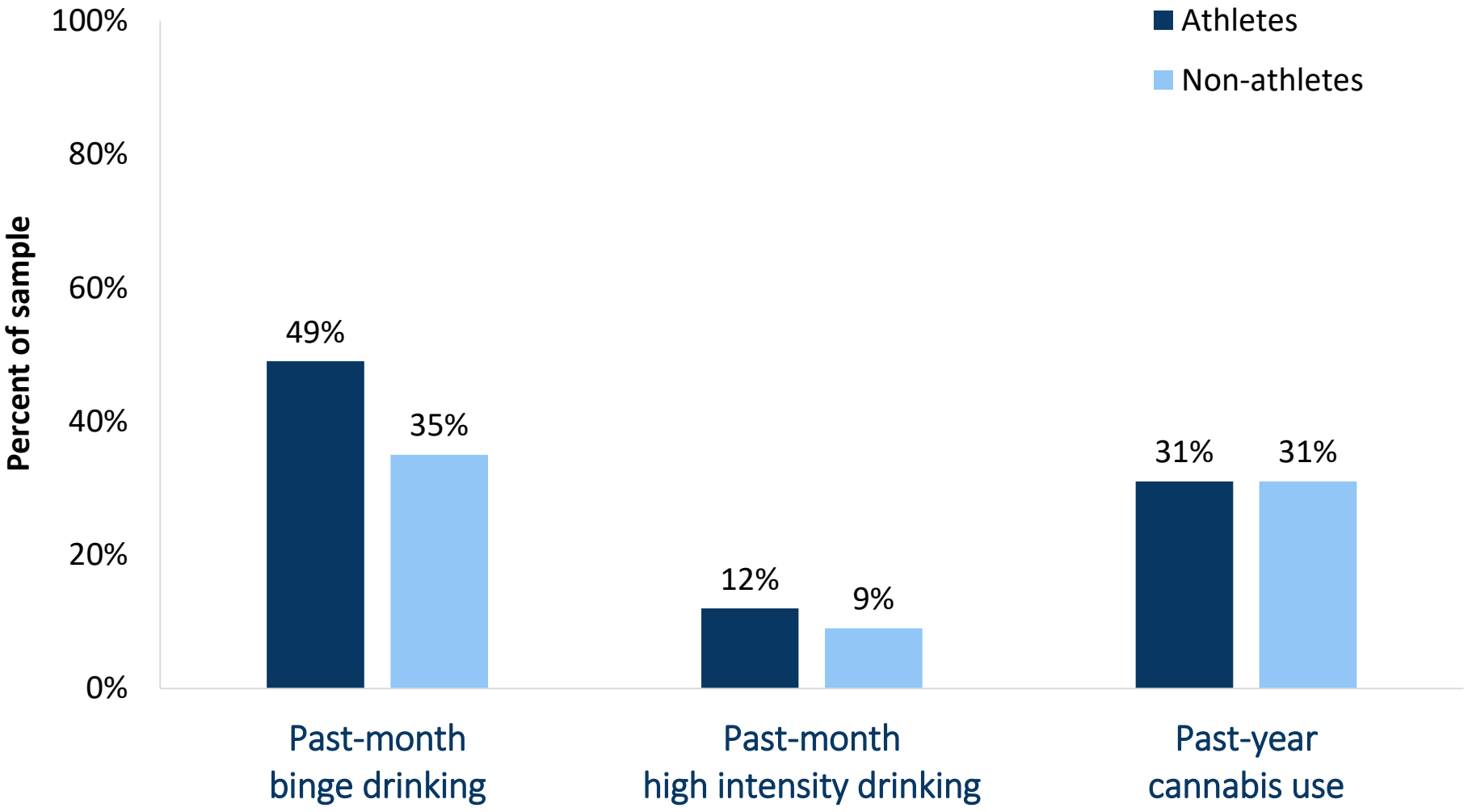


Alcohol and Cannabis Use among FSU Fraternity and Sorority Members, 2016-2020*



*This figure uses combined data from the MD-CAS 2016-2020

Alcohol and Cannabis Use among FSU Athletes and Non-athletes, 2016-2020*



*This figure uses combined data from the MD-CAS 2016-2020

None of the FSU athletes who binge drink report a coach, trainer, or athletic staff expressed concern about their drinking during the past year.

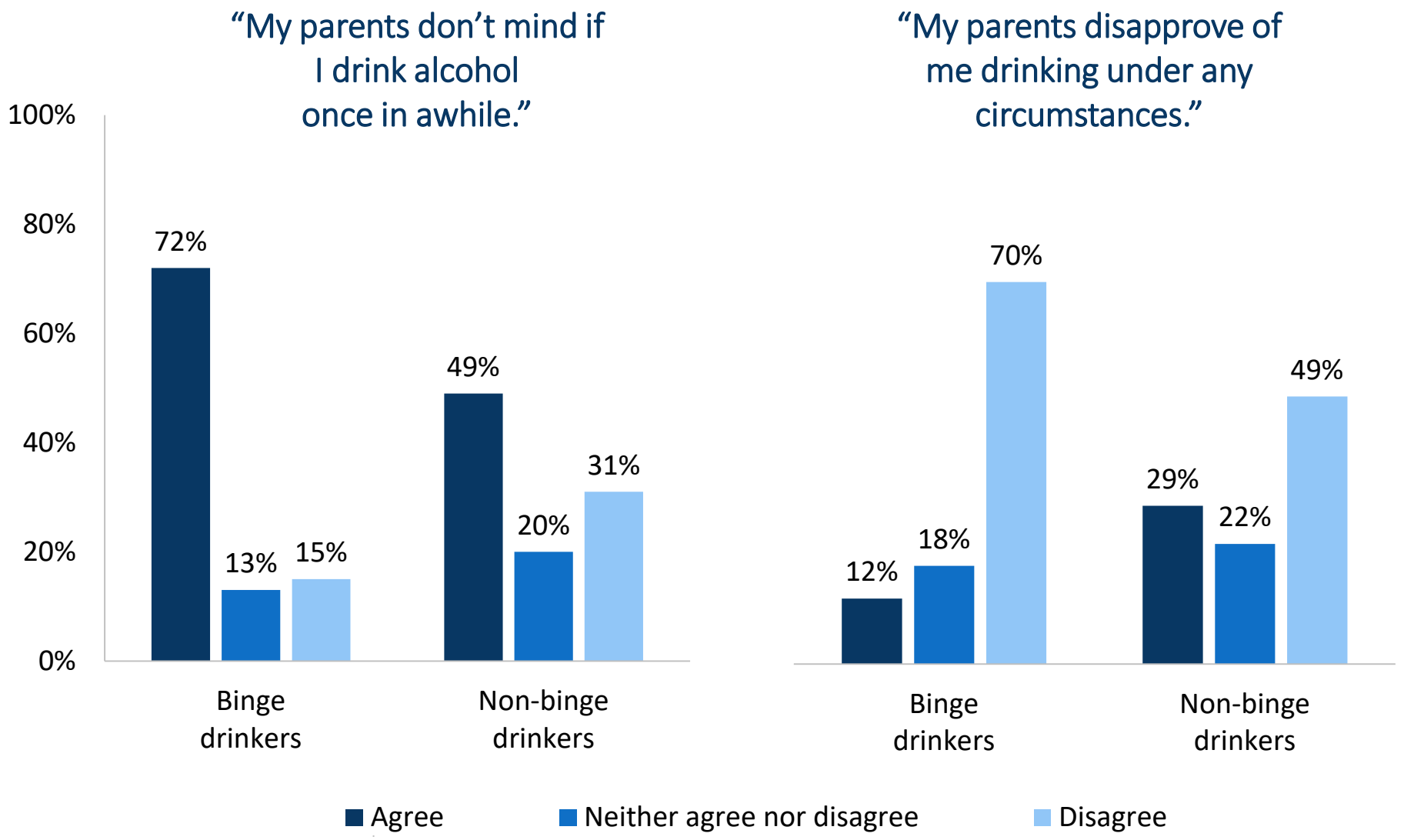
Parental Permissiveness Toward Substance Use

Parental Permissiveness Toward Substance Use

	"My parents don't mind if I drink once in a while."		"My parents disapprove of me drinking under any circumstances."		"My parents disapprove of me using marijuana under any circumstances."	
	Agree	**Disagree**	**Agree**	Disagree	**Agree**	Disagree
All students	55%	**26%**	**24%**	55%	**61%**	18%
Students ages 18 to 20	43%	**37%**	**31%**	45%	**66%**	16%
Students ages 21 to 25	76%	**9%**	**13%**	72%	**52%**	21%
Binge drinkers*	72%	**15%**	**12%**	70%	**60%**	19%
Cannabis users**	63%	**17%**	**12%**	65%	**44%**	31%

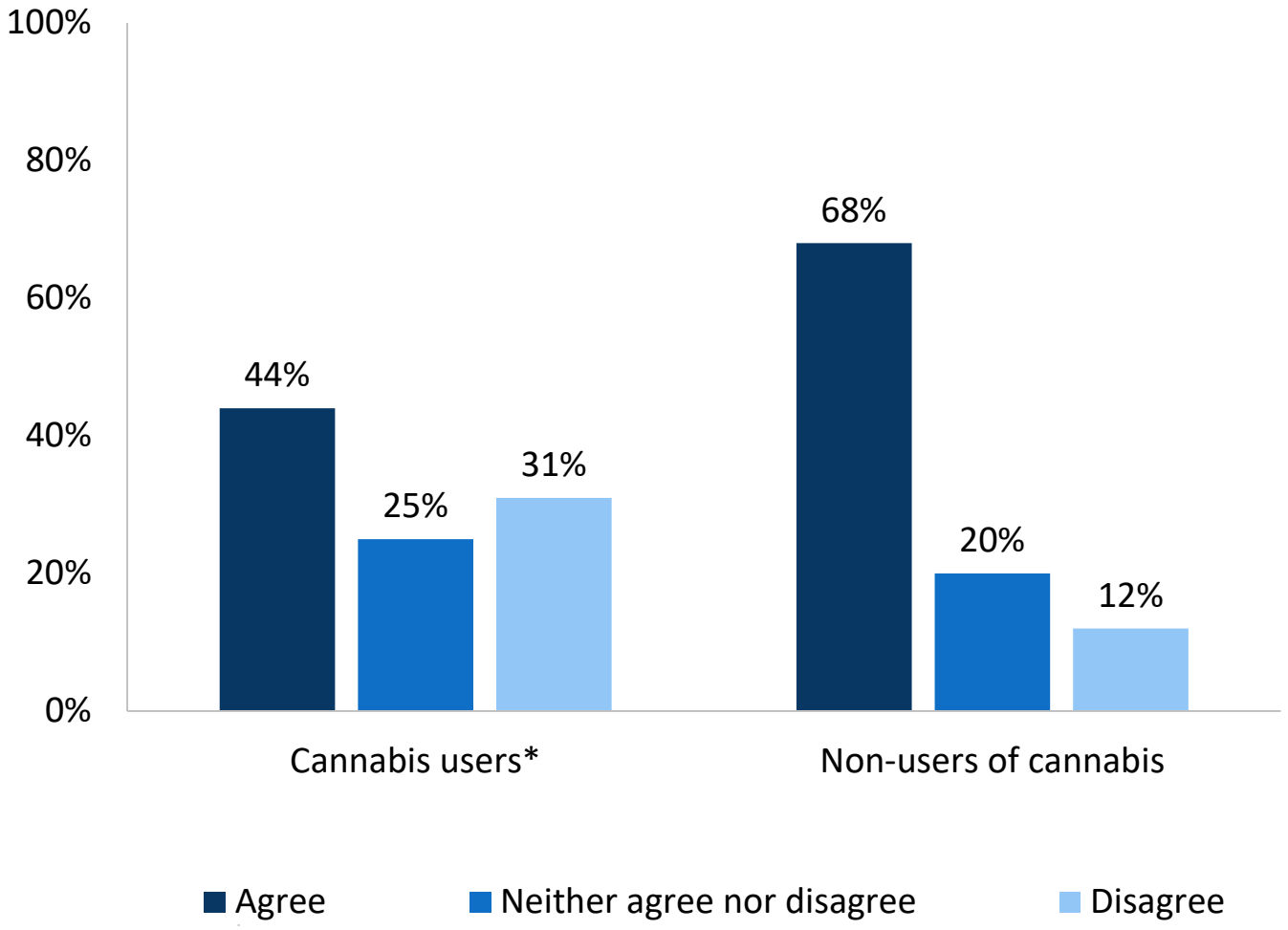
**Past-month binge drinking; **Past-year cannabis use*

Binge Drinkers Tend to Have More Permissive Parents



Cannabis Users Tend to Have More Permissive Parents

"My parents disapprove of me using marijuana under any circumstances."



*Past-year cannabis use

Section C
Current Strategies to Address Excessive Drinking and Related Problems at FSU

Frostburg Environmental-level Strategies

Work closely with local law enforcement to enforce the new loud and unruly party ordinance	Adopt effective policies such as prohibiting mention of alcohol in campus event flyers
Chief Smith, Jeff Graham, Don Swogger	Jeff Graham, Carl Crowe, Don Swogger
The City of Frostburg enacted a new social host ordinance in 2019. FSU can educate students and the community about the new law and coordinate enforcement with the City of Frostburg.	Frostburg can move toward the best practices of: 1) posting all campus alcohol policies and consequences in one place on the school's website and publicizing it to students; and 2) revising the campus alcohol policies to make them more clear and easier for students to understand.

FSU Individual-level Strategies

Screening in the Brady Health Center	Screening in Counseling and Psychological Services (CAPS)	Targeted alcohol interventions	Parental notification after first violation	Promotion of parent resources
Kaitlyn Morral	Susan Mandell	Don Swogger	Carl Crowe	Jeff Graham
Brady Health Center screens students coming to the Health Center for substance abuse using several questions they created. They also assess students' readiness to change.	Students are screened for both mental health and alcohol use using the CCAPS tool at student intake and each session. There is currently no SBIRT-type protocol, though counselors are trained in motivational interviewing techniques.	Students who violate an alcohol policy are mandated to two sessions of eCHECKUP and counseling through the BSI program. All incoming full-time students complete AlcoholEdu.	The school will notify parents of any first-time offense and any subsequent offense for alcohol and drug use for underage students.	FSU actively promotes both the main Maryland Collaborative website and College Parents Matter on various webpages and has promoted through social media and news blasts in the past.

Funding and Background

- The data contained in this presentation are derived from the Maryland College Alcohol Survey (MD-CAS), which is funded by the Office of Population Health Improvement of the Maryland Department of Health.
- The Maryland Collaborative was established in 2012 and aims to use evidence-based strategies to reduce college student drinking and related problems.
- FSU is one of 18 colleges that comprise a partnership of institutions across the state whose presidents have agreed to join the initiative and work together to address underage and excessive drinking.

Appendix C

FY 2019 / DEPARTMENTAL PLAN

Substance Abuse Facts & Education FY 2019 Annual Report

This view always presents the most current state of the plan item.
Plan Item was last modified on 2/24/20, 2:24 PM
Your individual permission settings determine what fields and content are visible to you.

Template:

Departmental Annual Report

Enter: Year_Department/Unit Annual Report:

Substance Abuse Facts & Education FY 2019 Annual Report

Start:

7/1/2018

End:

6/30/2019

Providing Department:

Substance Abuse Facts & Education (SAFE Center)

Specify your Division/Department Goals Priorities.:

SAFE Office Mission:
Frostburg State University's SAFE Office is committed to challenging alcohol and other drug use and providing quality prevention services to all faculty, staff and students in the FSU Community. The ATOD Prevention Center is primarily responsible for coordinating these efforts and strives to implement services with integrity, honesty, fairness along with the understanding that all participants are treated with equality, compassion and respect. The center staff and volunteers take pride in their work and seek excellence in their prevention activities. Each staff member and volunteer is required to carefully read, understand and sign the prevention standards manual of Frostburg State University.
As a nationally recognized and certified student organization, the BURG Peer Education Network's mission is to provide leadership preparation and volunteerism through experiential learning and education. Our comprehensive prevention approach includes evidence-based educational programming, late night recreational events, bystander care intervention strategies, and social media outreach initiatives encouraging FSU students to make healthy choices and live active lifestyles. The network fosters a spirit of collaboration which creates a culturally enriched campus community. By embracing positive change, this proactive group of student advocates, are instrumental in promoting wellness, inclusion, and leadership resulting in FSU students becoming more informed and productive members of society.
Strategic Goals:
Goal 1: Engage student peer educators in the experiential learning process, which will develop and enhance the quality of educational programming.
Goal 2: Provide student peer educators with multi-dimensional opportunities to increase leadership skills.
Goal 3: Deliver a purposeful peer education experience for students to engage, develop and grow through each phase of their journey at Frostburg State University.
Goal 4: Create an environment of wellness, safety, respect and compassion to cultivate healthy change and increase morale.
Goal 5: Promote activities that demonstrate the universities mission to collaborate with our community and regional prevention efforts.
Goal 6: Enhance the quality of the social norms campaign and continue challenging the misperceptions around student alcohol, tobacco and other drug use.
Goal 7: Educate students about responsible choices and decision making regarding substance using behavior.

Specify your Division/Department Actions Priorities/Plans.:

Action Priorities for 2018-2019
1.1: Provide expertise in the development and coordination of ATOD education and prevention activities on campus as evidenced by advising and mentoring the BURG Peer Education Network throughout the academic year.
1.2: The SAFE Director will provide training and leadership in facilitating the implementation of at least fifty (50) BURG Peer Educational programs in the 2018-19 academic year.
2.1: BURG Peer Educators will attend and present at the Regional BACCHUS NASPA Conference during the academic year.
3.1: The SAFE Director will increase peer education advocacy on campus as measured by recruiting and training at least twenty (20) peer educators in the fall 2018 semester.
3.2: The SAFE Director will facilitate a peer education institute training in the 2018-19 academic year.
4.1: Coordinate environmental strategies to effectively promote no-risk to low-risk consumption of alcohol as evidenced by a reduction in high-risk consumption among students.

5.1: Maintain positive relationships with Western Maryland Prevention Coordinators, provide ATOD support and training to smaller institutions in the area, and serve as a resource center to the University and surrounding community for prevention initiatives throughout the academic year.
6.1: Strengthen efforts to challenge misperceptions of students regarding patterns of alcohol use on and off campus as evidenced by disseminating social norming posters in the 2018-19 academic year.
6.2: Coordinate the implementation of Frostburg State University alcohol prevention efforts as measured by maintaining consistency in the prevention messages promoted by various offices and departments throughout the academic year.
7.1: The SAFE Director will provide screening and intervention for high-risk alcohol and marijuana users as measured by the number of Basic Screening Intervention (BSI) referrals from the Office of Student Conduct & Community Standards.

What are the Measures/Metrics used to assess effectiveness?:

Data from the 2019 Spring American College Health Assessment (ACHA), EverFi's AlcoholEdu data, the Maryland College Alcohol Survey, the CORE survey, and indirect source data from the BURG Peer Education Network via information table surveys have informed our work.

The process of assessment per Action Plan: How were the results assessed?:

The following assessments were completed during the academic year:

Data from the 2019 Spring American College Health Assessment (ACHA), EverFi's AlcoholEdu data, the Maryland College Alcohol Survey, the CORE survey, and indirect source data from the BURG Peer Education Network via information table surveys have informed our work.

What were the results?:

2018-19 SAFE Office Results:
1.1: Forty-eight (48%) of the new BURG students were retained in the program for the 2017-18 academic year.
1.1: Twenty-six (26) BURG students received TIPS Training.
1.1: 2,489 service hours were recorded by our BURG student volunteers.
1.2: BURG Peer Education Network conducted over 70 programs
2.1: BURG Peer Education Network did not present at BACCHUS Conference.
3.1: Twenty-two (22) new students were recruited and received Peer Education training during August, 2018.
3.2: First-Year Initiative (FYI) training evaluation revealed "Excellent" satisfaction scores in all surveyed areas (97.5%)
4.1: Maryland College Alcohol Survey (MD-CAS) 2018 results indicating a 5% incremental reduction in binge drinking and a 4% reduction in high-risking drinking over the past five years (See MD-CAS 2018 attachment).
5.1: BURG Peer Educators conducted successful after-prom program at Mt. Ridge High School.
6.1: Over 300 Social Norms/Marketing Posters were disseminated, 2018-19.
6.2: Two (2) incidents on campus were addressed during the academic year where student organizations or offices utilized alcohol consumption in marketing events that were inconsistent with University policy.
7.1: Fourteen (14) Basic Screening Intervention (BSI) sessions conducted (Appendix C)
7.1: Seven (7) DUI Student Classes

How have the results impacted operations (if at all) including 1) What is the focus for the upcoming year's plan; and 2) Were resources allocated or redistributed based upon the results?:

Focus for 2019-20 Unit Plan
Goal 1: Engage student peer educators in the experiential learning process, which will develop and enhance the quality of educational programming.
• A designated peer educator will attend 75% of the Frostburg Community Coalition Meetings in the 2019-20 academic year.
• Peer Educators will conduct 80 educational programs by May 15, 2020
• Peer Educators will conduct at least 7 focus groups by May 15, 2020.
• Peer Educators will meet with the new Title IX Coordinator and develop a strategy to implement Red Zone initiative by October 15, 2019.
• Two peer educators will attend the NASPA/BACCHUS General Assembly.

• Peer Educators will implement three recruiting events in the 2019-2020 academic year
• Thirty students will receive facilitation skill building training at the Fall Institute, October 2019.
• Ninety percent of our peer educators will participate in three or more community service projects by May 15, 2020.
• Peer Educators will conduct seven focus groups in the 2019 -20 academic year
• Peer Educators will conduct ten information tables throughout the 2019-2020 academic year

Goal 2: Provide student peer educators with multi-dimensional opportunities to increase leadership skills.
• Twenty new freshmen students will experience the summer institute training program, August 2019.
• Thirty students will attend the fall institute training by October, 2019.
• Twenty-five students will attend the spring institute training by March, 2020.
• Ninety percent of our peer educators will participate in three or more community service projects by May 15, 2019.
• Eighty percent of our peer educators will show statistically significant improvement on the Leadership Growth Satisfaction Survey (May 15, 2020)

• Peer educators will learn how to plan, organize and conduct general body meetings, leadership team meetings and strategic planning sessions throughout the 2019-20 academic year.
• The network will increase network meetings with key stakeholders throughout the 2019-20 academic year.
• Conduct one CPE trainings and nationally certify fifteen new students.

Goal 3: Deliver a purposeful peer education experience for students to engage, develop and grow through each phase of their journey at Frostburg State University.
• Twenty new freshmen students will be recruited at the 2019 FSU Preview Event (June)
• Ten leadership peer educators will assist the BURG advisor facilitate the summer institute training in August 2019.
• Twenty new freshmen students will be assigned a mentor during the summer institute and remain engaged throughout their first year.
• Peer educator satisfaction surveys will be completed twice each semester.
• All peer educators will meet with the advisor at least once in the academic year or on as needed basis.
• The BURG Peer Education Network Alumni association will take a more active role in the area of mentoring, training and other engagement activities.
• BURG Leadership Team members will monitor freshman academic progress throughout 2019-20 academic year.
• ATOD Center Director will instruct IDIS Course, which includes a rubric to increase academic excellence, monitor weekly progress and navigate a path to student success.

Goal 4: Create an environment of wellness, safety, respect and compassion to cultivate healthy change and increase morale.
• Continue the frostBURG Cares campaign throughout the 2019-20 academic year
• Encourage athletes, greeks and other engaged student organizations to take ownership to the frostBURG Cares Campaign by May, 2020.
• Continue to provide high quality edutainment programs addressing topics like: Alcohol, Tobacco, Other Drugs, Nutrition, Body Image, Eating Disorders, Stress, Relationships, Sexual Assault, Sexual Health and Mental Health.
• Specifically create 10 educational programs through video/social media by May 2020.
• Strengthen relationship between other student groups and professionals who develop wellness programming on campus.
• Encourage the university to strengthen tobacco-free campus policy and include specific language as it relates to electronic cigarettes.
• Coordinate environmental strategies through the Prevention Team to effectively promote no-risk to low-risk consumption of alcohol; whereby, avoiding the potential negative consequences of high-risk consumption.
• Peer Educators will enhance multi-media campaign addressing anxiety, loneliness and feeling of not being connected
• Peer Educators will co-sponsor a Spring Festival by May 10, 2020.
• Peer Educators will present bystander care intervention programs to two-hundred students in the 2019-2020 academic year

Goal 5: Promote activities that demonstrate the universities mission to collaborate with our community and regional prevention efforts.
• Peer educators will plan and implement at least three community service projects throughout the 2019-20 academic year.
• Continue assisting Mountain Ridge High School After-Prom Event
• Continue serving on the Frostburg Community Coalition
• Continue to provide technological support and resources to regional community colleges.
• Continue networking with the Western Maryland Prevention Coordinator Network
• Providing continued support to the local high school SADD and SHOP Organizations.
• Providing educational pamphlets, incentive items and other prevention awareness activities to the Frostburg Block Party.
• Continue to be a Resource Center to the surrounding community.
• Support local opioid recovery action groups in community
• Train five students in BASICS model
• Prevention Center Director will host two conference calls with the other ATOD Prevention Center Director's
• Prevention Center Director will disseminate ATOD materials to 850 FSU parents during summer preview, June, 2020

Goal 6: Enhance the quality of the social norms campaign and continue challenging the misperceptions around student alcohol, tobacco and other drug use.
• Increase the number of posters from ten to twenty throughout the 2019-20 academic year.
• Implement the FSU factoid campaign two in the 2019-20 academic year.
• Increase messaging during high peak binge drinking times, especially during Halloween and Homecoming.
• Expose faculty members to the social norms messages by twenty-five percent in the 2019-20 academic year.
• Explore Frostburg TV Channel 3 and incorporate social norming messages.
• Display all twenty posters on the FSU digital signs throughout the 2019-20 academic year.
• Disseminate 1000 social norming posters in the 2019-20 Academic Year.
• Strengthen the social marketing campaign to challenge misperceptions of students regarding patterns of alcohol use on and off campus.

Goal 7: Educate students about responsible choices and decision making regarding substance using behavior.
• Peer educators will conduct 70 educational programs throughout the 2019-20 academic year.

• The peer education network will conduct four awareness campaigns throughout the 2019-20 academic year.
• The peer education network will continue to work with late@lane and promote healthy choice messages.
• The peer education network will continue to partner with other student organizations throughout the 2019-20 academic year.
• The network will disseminate over 5,000 incentive items in the 2019-20 academic year.
• Continue to enforce opioid education policy to new students in the 2019-20 academic year.
• Prevention Center Director will increase outreach efforts to students in recovery by twenty percent in the 2019-20 academic year
• Provide support for screening of high risk marijuana users.
• The Prevention Center Director will provide BSI sessions to 20 students during the year
• Conduct one CPE training and nationally certify fifteen new students

Resource Allocation:

The Substance Abuse Facts & Education office, as well as the BURG Peer Education Network are funded in full by the Maryland Department of Health & Mental Hygiene as a Behavioral Health Administration grant. This is particularly concerning because the federal Drug-free Communities grant is about to expire; thus, jeopardizing the University's ability to fund the appropriate level of staffing. Future consideration should be given to the University's funding formula as these positions are critical to our compliance with the federal Drug-free Schools and Campus Regulations.

How was this plan and results conveyed to your Division/Department?:

The FY 2019 Annual Report from the SAFE Office was also provided to our funding source (BHA) as well as the Vice President for Student Affairs and other key stakeholders from the Frostburg Community Coalition. Additionally, information is shared with the Division of Student Affairs at two annual meetings in August and January. Information and data regarding student health, safety, and well-being are discussed at weekly BURG Leadership Team meetings as the utilization of evidenced-based strategies are critical to the success of prevention programs. Student substance abuse data, as well as other health data, are often used in social norming campaigns to correct the normative misperceptions that students often hold regarding behaviors.

Evidence, artifacts, and or back up documentation:

Linked Documents
There are no attachments.

Attached Files

2015 Frostburg State University Core Data 2015.pdf

2015 Frostburg State University Core Data Exec Report.pdf

BSI 2018-19.docx

Frostburg University Interagency Agreement Scope of Work.docx

FSU Peer Health Educator Study 18-19.pdf

NCHA-II SPRING 2019 FROSTBURG STATE UNIVERISTY INSTITUTIONAL DATA REPORT (003).pdf

NCHA-II SPRING 2019 FSU Survey Summary.pdf

SAFE Budget FY20.xlsx

Related Items

Supports *(Connected Up)*:

FOCUS LEARNING ON BOTH THE ACQUISITION AND APPLICATION OF KNOWLEDGE.
Frostburg Strategic Goal

PROVIDE ENGAGING EXPERIENCES THAT CHALLENGE OUR STUDENTS TO EXCEL.
Frostburg Strategic Goal

Develop programs and services to engage students and provide opportunities for experiential learning and leadership.
Student Affairs Department Strategic Goal

Facilitate the successful recruitment, transition and retention of students by providing guidance, knowledge, and access to experiences, programs and services.
Student Affairs Department Strategic Goal

Create a safe, inclusive, and supportive campus community to foster student growth and education.
Student Affairs Department Strategic Goal

Provide campus environments that foster student wellness and development.
Student Affairs Department Strategic Goal

Supported By *(Connected Down):*

No supported by items currently associated

FY 2020 / DEPARTMENTAL PLAN

Substance Abuse Facts & Education (SAFE) Annual Report FY 2020

This view always presents the most current state of the plan item.
Plan Item was last modified on 12/19/20, 1:11 PM
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Template:

Departmental Annual Report

Enter: Year_Department/Unit Annual Report:

Substance Abuse Facts & Education (SAFE) Annual Report FY 2020

Start:

7/1/2019

End:

6/30/2020

Providing Department:

Substance Abuse Facts & Education (SAFE Center)

Specify your Division/Department Goals Priorities.:

SAFE Office Mission:
Frostburg State University's SAFE Office is committed to challenging alcohol and other drug use and providing quality prevention services to all faculty, staff and students in the FSU Community. The ATOD Prevention Center is primarily responsible for coordinating these efforts and strives to implement services with integrity, honesty, fairness along with the understanding that all participants are treated with equality, compassion and respect. The center staff and volunteers take pride in their work and seek excellence in their prevention activities. Each staff member and volunteer is required to carefully read, understand and sign the prevention standards manual of Frostburg State University.
As a nationally recognized and certified student organization, the BURG Peer Education Network's mission is to provide leadership preparation and volunteerism through experiential learning and education. Our comprehensive prevention approach includes evidence-based educational programming, late night recreational events, bystander care intervention strategies, and social media outreach initiatives encouraging FSU students to make healthy choices and live active lifestyles. The network fosters a spirit of collaboration which creates a culturally enriched campus community. By embracing positive change, this proactive group of student advocates, are instrumental in promoting wellness, inclusion, and leadership resulting in FSU students becoming more informed and productive members of society.
Strategic Goals:
Goal 1: Engage student peer educators in the experiential learning process, which will develop and enhance the quality of educational programming.
Goal 2: Provide student peer educators with multi-dimensional opportunities to increase leadership skills.
Goal 3: Deliver a purposeful peer education experience for students to engage, develop and grow through each phase of their journey at Frostburg State University.
Goal 4: Create an environment of wellness, safety, respect and compassion to cultivate healthy change and increase morale.
Goal 5: Promote activities that demonstrate the universities mission to collaborate with our community and regional prevention efforts.
Goal 6: Enhance the quality of the social norms campaign and continue challenging the misperceptions around student alcohol, tobacco and other drug use.
Goal 7: Educate students about responsible choices and decision making regarding substance using behavior.

Specify your Division/Department Actions Priorities/Plans.:

Action Priorities for 2019-20
1.1: Provide expertise in the development and coordination of ATOD education and prevention activities on campus as evidenced by advising and mentoring the BURG Peer Education Network throughout the academic year.
1.2: The SAFE Director will provide training and leadership in facilitating the implementation of at least fifty (50) BURG Peer Educational programs in the 2019-20 academic year.
2.1: BURG Peer Educators will attend and present at the Regional BACCHUS NASPA Conference during the academic year.
3.1: The SAFE Director will increase peer education advocacy on campus as measured by recruiting and training at least twenty (20) peer educators in the fall 2019 semester.
3.2: The SAFE Director will facilitate a peer education institute training in the 2019-20 academic year.
4.1: Coordinate environmental strategies to effectively promote no-risk to low-risk consumption of alcohol as evidenced by a reduction in high-risk consumption among students.

5.1: Maintain positive relationships with Western Maryland Prevention Coordinators, provide ATOD support and training to smaller institutions in the area, and serve as a resource center to the University and surrounding community for prevention initiatives throughout the academic year.
6.1: Strengthen efforts to challenge misperceptions of students regarding patterns of alcohol use on and off campus as evidenced by disseminating social norming posters in the 2019-20 academic year.
6.2: Coordinate the implementation of Frostburg State University alcohol prevention efforts as measured by maintaining consistency in the prevention messages promoted by various offices and departments throughout the academic year.
7.1: The SAFE Director will provide screening and intervention for high-risk alcohol and marijuana users as measured by the number of Basic Screening Intervention (BSI) referrals from the Office of Student Conduct & Community Standards.

What are the Measures/Metrics used to assess effectiveness?:

EverFi's AlcoholEdu data, the Maryland College Alcohol Survey, and indirect source data from the BURG Peer Education Network via information table surveys have informed our work.

The SAFE Director continues to use CORE Data and ACHA Data in social norming efforts.

The process of assessment per Action Plan: How were the results assessed?:

The following assessments were completed during the academic year:

EverFi's AlcoholEdu data, the Maryland College Alcohol Survey, and indirect source data from the BURG Peer Education Network via information table surveys have informed our work.

What were the results?:

2019-20 SAFE Office Results:
1.1: Forty-eight (20%) of the new BURG students were retained in the program for the 2018-19 academic year.
1.1: Twenty-six (26) BURG students received TIPS Training.
1.1: 1,104 service hours were recorded by our BURG student volunteers.
1.2: BURG Peer Education Network conducted over 70 programs
2.1: Due to COVID-19 restrictions, BURG Peer Education Network did not present at BACCHUS Conference.
3.1: Twenty-two (22) new students were recruited and received Peer Education training during August, 2019.
3.2: First-Year Initiative (FYI) training evaluation revealed "Excellent" satisfaction scores in all surveyed areas (98.4%)
4.1: Maryland College Alcohol Survey (MD-CAS) 2018 results indicating a 5% incremental reduction in binge drinking and a 4% reduction in high-risking drinking over the past five years (See MD-CAS 2018 attachment).
5.1: BURG Peer Educators were unable to conducted after-prom program at Mt. Ridge High School due to COVID-19.
6.1: Over 30 different social norms posters were disseminated via email/social media.
7.1: Fourteen (14) Basic Screening Intervention (BSI) sessions conducted (Appendix C)
7.1: Seven (7) DUI Student Classes

How have the results impacted operations (if at all) including 1) What is the focus for the upcoming year's plan; and 2) Were resources allocated or redistributed based upon the results?:

1) Impact on Operations: outcome data and assessment information from FY 2020 goals and action priorities serve to inform and influence decision-making regarding SAFE initiatives for FY 2021.

Focus for 2020-21 Unit Plan
Goal 1: Engage student peer educators in the experiential learning process, which will develop and enhance the quality of educational programming.
• Peer Educators will conduct 40 educational programs by May 15, 2021
• Peer Educators will conduct at least 4 focus groups by May 15, 2020.
• Two peer educators will attend the NASPA/BACCHUS General Assembly.

• Peer Educators will implement three recruiting events in the 2020-2021 academic year
• Thirty students will receive facilitation skill building training at the Fall Institute, October 2020.
• Eighty percent of our peer educators will participate in three or more community service projects by May 15, 2021.
• Peer Educators will conduct ten information tables throughout the 2020-2021 academic year

Goal 2: Provide student peer educators with multi-dimensional opportunities to increase leadership skills.
• Ten students will attend the fall institute training by October, 2020.
• Twenty-five students will attend the spring institute training by March, 2021.
• Eighty percent of our peer educators will participate in three or more community service projects by May 15, 2021.
• Eighty percent of our peer educators will show statistically significant improvement on the Leadership Growth Satisfaction Survey (May 15, 2021)
• Peer educators will learn how to plan, organize and conduct general body meetings, leadership team meetings and strategic planning sessions throughout the 2020-21 academic year.
• The network will increase network meetings with key stakeholders throughout the 2020-21 academic year.
• Conduct one CPE trainings and nationally certify ten new students.

Goal 3: Deliver a purposeful peer education experience for students to engage, develop and grow through each phase of their journey at Frostburg State University.
• Twenty new freshmen students will be recruited during the 2020-21 Academic year.
• Five leadership peer educators will assist the BURG advisor facilitate 2020-21 Institutes.
• Peer educator satisfaction surveys will be completed twice in the 2020-21 academic year.
• All peer educators will meet with the advisor at least once in the academic year or on as needed basis.
• The BURG Peer Education Network Alumni association will take a more active role in the area of mentoring, training and other engagement activities.
• BURG Leadership Team members will monitor freshman academic progress throughout 2020-21 academic year.

Goal 4: Create an environment of wellness, safety, respect and compassion to cultivate healthy change and increase morale.
• Continue the frostBURG Cares campaign throughout the 2020-21 academic year
• Encourage athletes, greeks and other engaged student organizations to take ownership to the frostBURG Cares Campaign by May, 2021.
• Continue to provide high quality edutainment programs addressing topics like: Alcohol, Tobacco, Other Drugs, Nutrition, Body Image, Eating Disorders, Stress, Relationships, Sexual Assault, Sexual Health and Mental Health.
• Specifically create 10 educational programs through video/social media by May 2021.
• Strengthen relationship between other student groups and professionals who develop wellness programming on campus.
• Encourage the university to strengthen tobacco-free campus policy and include specific language as it relates to electronic cigarettes.
• Coordinate environmental strategies through the Prevention Team to effectively promote no-risk to low-risk consumption of alcohol; whereby, avoiding the potential negative consequences of high-risk consumption.
• Peer Educators will enhance multi-media campaign addressing anxiety, loneliness and feeling of not being connected
• Peer Educators will co-sponsor a Spring Festival by May 10, 2021.
• Peer Educators will present bystander care intervention programs to one-hundred students in the 2020-2021 academic year

Goal 5: Promote activities that demonstrate the universities mission to collaborate with our community and regional prevention efforts.
• Peer educators will plan and implement at least three community service projects throughout the 2020-21 academic year.
• Continue assisting Mountain Ridge High School After-Prom Event
• Continue serving on the Frostburg Community Coalition
• Continue to provide technological support and resources to regional community colleges.
• Continue networking with the Western Maryland Prevention Coordinator Network
• Providing continued support to the local high school SADD and SHOP Organizations.
• Providing educational pamphlets, incentive items and other prevention awareness activities to Western Maryland Community Groups.
• Support local opioid recovery action groups in community
• Train three students in BASICS model
• Prevention Center Director will host three conference calls with the other ATOD Prevention Center Director's
• Prevention Center Director will disseminate ATOD materials to 700 FSU parents during summer preview, June, 2021.

Goal 6: Enhance the quality of the social norms campaign and continue challenging the misperceptions around student alcohol, tobacco and other drug use.
• Increase the number of posters from ten to twenty throughout the 2020-21 academic year.
• Implement the FSU factoid campaign in the 2020-21 academic year.
• Increase messaging during high peak binge drinking times, especially during Halloween and Homecoming.
• Expose faculty members to the social norms messages by twenty-five percent in the 2019-20 academic year.
• Explore Frostburg TV Channel 3 and incorporate social norming messages.
• Display all twenty posters on the FSU digital signs throughout the 2020-21 academic year.
• Disseminate 500 social norming posters in the 2020-21 Academic Year.
• Strengthen the social marketing campaign to challenge misperceptions of students regarding patterns of alcohol use on and off campus.

Goal 7: Educate students about responsible choices and decision making regarding substance using behavior.
• Peer educators will conduct 40 educational programs throughout the 2020-21 academic year.
• The peer education network will conduct three awareness campaigns throughout the 2020-21 academic year.
• The peer education network will continue to work with late@lane and promote healthy choice messages.
• The peer education network will continue to partner with other student organizations throughout the 2020-21 academic year.
• The network will disseminate over 5,000 incentive items in the 2020-21 academic year.
• Continue to enforce opioid education policy to new students in the 2020-21 academic year.
• Prevention Center Director will increase outreach efforts to students in recovery by ten percent in the 2020-21 academic year
• Provide support for screening of high risk marijuana users.
• The Prevention Center Director will provide BSI sessions to 20 students during the year
• Conduct one CPE training and nationally certify ten new students

2) Resource Allocation:

The Substance Abuse Facts & Education office, as well as the BURG Peer Education Network are funded in full by the Maryland Department of Health & Mental Hygiene as a Behavioral Health Administration grant and managed by the Office of population Health Improvement. The office has lost one position and the vacant assistant prevention specialist position has recently been approved for hire but currently not filled. Future consideration should be given to the University's funding formula as these positions are critical to our compliance with the federal Drug-free Schools and Campus Regulations.

How was this plan and results conveyed to your Division/Department?:

The FY 2020 Annual Report from the SAFE Office was also provided to our funding source (OPHI) as well as the Vice President for Student Affairs and other key stakeholders from the Frostburg Community Coalition. Additionally, information is shared with the Division of Student Affairs at two annual meetings in August and January. Information and data regarding student health, safety, and well-being are discussed at weekly BURG Leadership Team meetings as the utilization of evidenced-based strategies are critical to the success of prevention programs. Student substance abuse data, as well as other health data, are often used in social norming campaigns to correct the normative misperceptions that students often hold regarding behaviors.

Evidence, artifacts, and or back up documentation:

Linked Documents
There are no attachments.

Attached Files

2015 Frostburg State University Core Data 2015.pdf

2015 Frostburg State University Core Data Exec Report.pdf

BSI 2019-20.docx

Frostburg Impact Reports 2019-2020.pdf

Frostburg University Interagency Agreement Scope of WorkFY21.docx

FSUATODFY21 Budget.xlsx

FSUATODFY21 Budget.xlsx

MD-CAS 2020_Full school report_FSU_v1.pptx

NCHA-II SPRING 2019 FSU Survey Summary.pdf

PeerEdSurveySpring20.pdf

Related Items

Supports *(Connected Up):*

PROVIDE ENGAGING EXPERIENCES THAT CHALLENGE OUR STUDENTS TO EXCEL.
Frostburg Strategic Goal

EXPAND REGIONAL OUTREACH AND ENGAGEMENT.
Frostburg Strategic Goal

Develop programs and services to engage students and provide opportunities for experiential learning and leadership.
Student Affairs Division Strategic Goal

Facilitate the successful recruitment, transition and retention of students by providing guidance, knowledge, and access to experiences, programs and services.
Student Affairs Division Strategic Goal

Create a safe, inclusive, and supportive campus community to foster growth and education.
Student Affairs Division Strategic Goal

Provide campus environments that foster student wellness and development.
Student Affairs Division Strategic Goal

Supported By *(Connected Down):*