

**Utah Valley University
DAAPP Biennial Review
2019-2020/2020-2021 Academic Years**

Utah Valley University (UVU) Wellness Programs is the office responsible for drug, alcohol, and substance abuse prevention efforts on campus. UVU Wellness Programs is under Campus Recreation & Wellness which is part of Student Development and Well-Being. Our mission is to promote habits of health and wellness in the lives of students and employees at UVU. We strive to provide educational and comprehensive programs and services that address the six dimensions of health and support students and employees in their pursuit of lifelong wellness. A necessary component of lifelong wellness includes substance abuse education and prevention of use on campus.

UVU Wellness Programs is connected to many other support related services on campus. When our department cannot fulfill the needs of a student, we have the opportunity to refer students to many other helpful substance abuse-related services on campus. A few of these other services/departments include: Student Health Services (medical and mental health services); Student Rights and Accountability; Ombudsman; Accessibility Services; university police, local resources; and more. UVU Wellness Programs offers a wide spectrum of services to help the campus community achieve better wellness. Many of our resources can also be accessed online at www.uvu.edu/wellness. Students and employees can also call, email or visit SL 211 for access to services and resources.

Substance abuse prevention and education is a high priority for our University, especially including compliance with the federal Drug Free Schools, Communities, and Workplace Acts. Our department provides a variety of programming and services to meet the needs of substance abuse prevention efforts. Below we have listed a comprehensive list of these prevention/education related programming and services.

PROCEDURES FOR DISTRIBUTING DRUG & ALCOHOL POLICY

Utah Valley University distributes information pertaining to the following policies:

[UVU Policy 157, Alcoholic Beverages, Unlawful Drugs, and Other Illegal Substances](#)

[UVU Policy 324, Drug-free Workplace](#)

[UVU Policy 541, Student Code of Conduct](#)

Annual Distribution

1. University Compliance will coordinate distribution of DAAPP notice each Fall semester.
2. The Office of Admissions will deliver the email notice using it's mass-email infrastructure to all students enrolled in any credit-bear courses
3. People & Culture will deliver the email notice to all employees at the same time each Fall semester

New Students & Employees

1. In the customary welcome email following acceptance of a job offer, People & Culture will send all new employees a link to the DAAPP information. New hires will be required to certify that they reviewed the information contained in the DAAPP.
2. DAAPP information will be included in the online orientation that all new students must complete before registering for classes in any term.

Additionally, The drug and alcohol policy, Student Code of Conduct, and due process and sanctioning guidelines can be found at <https://www.uvu.edu/studentconduct/>.

The Office of Student Rights and Accountability makes available to the public and/or the Department of Education, upon request, a copy of the information distributed to students and employees. A biennial review of the University's programs will include, but is not limited to:

1. A determination of the effectiveness of the program and implementation of changes as needed;
2. The University will determine the number of drug and alcohol-related violations and fatalities that occur on the University's campus or as part of the University's activities, and ensure that such violations are reported to Campus Police;
3. A review of the number and types of sanctions that are imposed; and
4. An assurance that sanctions are consistently enforced.

Contact the Office of Student Rights and Accountability at 801-863-5841 for assistance or inquiries about the program. The Office of Student Rights and Accountability is located in SL – 201b

Any faculty, staff member, or student who violates this prohibition, or who does not cooperate with the college in its attempts to maintain a drug-free environment, will face disciplinary action up to and including expulsion, dismissal, termination of employments and referral for prosecution.

ALCOHOL AND OTHER DRUG (AOD) PREVENTION PROGRAM ELEMENTS

Utah Valley University uses a comprehensive approach with AOD prevention programming on campus. Multiple intervention points and programs are utilized to have the greatest impact for our campus community. These elements can range from general outreach to strategic partnerships to student engagement. All components of the University's prevention efforts aim to increase protective factors (e.g., stress management, prosocial bonding, positive relationships, healthy communication and coping skills, sense of belonging) and decrease risk factors (e.g., lack of social support, peer encouragement of use, isolation, interpersonal

violence, negative school environment, discrimination) for AOD use. Prevention efforts are ongoing and regularly evaluated to identify areas of improvement.

CAMPUS PARTNERSHIPS AND OUTREACH

Many campus resources and services are provided to students and staff and we collaboratively work with many different areas to increase awareness of these services and provide comprehensive support to those who struggle with alcohol and drug use. Key departments and groups include: Wellness Programs; Student Health Services; Employee Benefits and Wellness; Employee Relations; Student Rights & Accountability; University Athletics; University Advisors; Women's Success Center; Accessibility Services; Dean of Student's Office; Mental Health Taskforce; Basic Needs Taskforce; Behavior Assessment Team.

EDUCATION PROGRAMS, SERVICES AND ACTIVITIES

1. **Alcohol and Other Drugs (AOD) online training modules:** Alcohol and Other Drugs is a reality-driven online course designed to educate students on the risks of the abuse of alcohol and other drugs, and to teach successful strategies for handling dangerous situations related to these substances. The course features four modules: Your GPA, Your Brain, Your Peers and Your Life. Each section provides extensive, research-backed evidence of the detrimental effects alcohol and other drugs can have, and how social skills and interactions can help reduce harm associated with these substances. [Students have access to atleast seven different online modules related to AOD topics.](#)
2. **Alcohol & Tobacco presentations and workshops:** (Given to SLSS, HLTH 1100 & other classes):
 - a. March 2021; 2 classroom presentations with a total of 190 participants.
3. **Health & Wellness Fairs:** Included variety of health and wellness related booths. Among these booths were Alcohol & Tobacco education/prevention booths, sexual health and STI prevention booths, and other health behavior related booths.
 - a. November 2020 Health Fair: 212 participants
 - b. March 2021 Health Fair: 50 participants
 - c. Total participants for Health Fair: 262 participants.
4. **Hallway "Zone" activities:** Throughout each semester student interns will plan topics for Hallway "Zone" activities. Topics of sex educations, alcohol, tobacco, substance abuse, addiction, stress reduction, healthy habits are a main focus of Wellness Programs. During the month of November and April those topics are used frequently.

5. **Alternative spring & fall break hosted by the Center for Social Impact and Outdoor Adventure Center:** Alternative Break trips take students outside of the Utah Valley area to experience a healthy alternative to the common alcohol – related break activities. Students have the opportunity to engage in community projects and learn about social issues such as poverty and homelessness, food insecurity, health, literacy, environmental issues, or discover who they are in nature while developing new skills and building connections with peers.
6. **Conference on Addiction:** The UVU College of Humanities and Social Sciences hosted a Conference on Addiction in April 2021. The conference included keynote speakers, breakout sessions, and exhibitors. All aspects of the conference were available for UVU students, staff, faculty, and community members to attend.
7. In addition to the programming efforts listed above, there has been complementary programming for general health behaviors on campus. These complementary programming efforts included:
 - a. Tuesdays at Twelve; Stress Management workshops
 - b. Stress Reduction room
 - c. Health Risk Appraisals
 - d. Health Coaching
 - e. Wellness Wednesday
 - f. Thinking Thursday
 - g. Campus Recreation Kickoff
 - h. Massage Services
 - i. Mindfulness Workshops
 - j. Tasty Tuesdays
 - k. Munchie Monday
 - l. Thinking Thursday
 - m. Body Project, body image acceptance program

DRUG & ALCOHOL PROGRAM GOALS AND ACHIEVEMENTS

Utah Valley University Wellness Programs has many achievements related to Drug and Alcohol prevention efforts, which are reflected in the previous section. In the 2020 – 2021 academic school year, UVU Wellness Programs reached over 14,690 students through hallway booths, classroom presentation, campus-wide wellness challenges, etc.

Utah Valley University is a drug-free campus. Utah Valley University has developed an alcohol, drug, and tobacco policy, along with prevention resources through Wellness Programs and community partnerships, not only in response to the federal drug-free legislation, but also

to encourage and sustain an academic environment that promotes the health, safety, and welfare of all members of its community.

Our continuous goals are to:

1. Provide multimodal education and training opportunities: virtual; inperson; on-campus; and through off-campus community partnerships.
2. Ensure awareness of and compliance with university policy.
3. Promote awareness of health risks.
4. Connect campus community members to treatment and recovery opportunities.
5. Provide Safe Harbor from discipline to students who voluntarily self-report substance abuse struggles.

SUMMARY OF DRUG & ALCOHOL STRENGTHS AND AREAS OF IMPROVEMENT

Strengths:

- UVU Wellness Programs is part of an involved and well-developed Student Development and Well-Being team, with collaborative staff and departments across campus.
- UVU Wellness Programs provides an abundance of prevention/education activities, services, and programming for students and employees of all demographics.
- UVU Wellness Programs has a good working relationship with the Utah County Health Department and UVU Public & Community Health Department. UVU Wellness has utilized their resources as needed for prevention and education activities.
- UVU Wellness Programs has many requests from various campus entities for wellness education, Drug & Alcohol education, etc. UVU Wellness Programs is reliable and timely in responding to requests across campus, thus maximizing our ability to notify students of services offered.
- UVU Wellness Programs has developed good working relationships and referral systems with Student Health Services. Student Health Services has affordable therapists available to students.
- UVU Wellness Programs has developed good working relationships and a referral system with the Office of Student Conduct and Accountability through their online Maxient reporting form, in response to the Student Code of Conduct and Judicial Process, and responds to Drug & Alcohol Policy violations and concerns.
- The Office of Student Rights and Accountability has a great working relationship with UVU Athletics and its AOD testing, education, and treatment programs.
- Access to seven AOD online training modules.

- Utilization of NCHA and Healthy Minds survey data regarding student AOD attitudes and use.
- Access to media ads created by waytoquit.org.
- Goals and action steps tied directly to Mental Health Task force objectives.

Areas of Improvement:

- Send letters to parents of incoming college freshmen regarding Drug & Alcohol abuse prevention.
- Improve referral and communication system between broader campus programs and departments.
- Identify best marketing strategies to notify students of our services.
- Continue to explore evidence-based approaches to Drug & Alcohol education and prevention.
- Improve meeting needs of students with violations of Drug & Alcohol policies.
- Identify and fulfilling needs of high-risk groups on campus.
- Refine our online presence and making resources more accessible online (our website, social media sites, etc.)
- Refine use of record-keeping/analytic system (Maxient) to run meaningful AOD reports and monitor trends.

RECOMMENDATIONS FOR REVISING DRUG & ALCOHOL PROGRAMS

- Increase collaboration regarding various education programs between UVU Wellness Programs, Student Health Services, and Student Rights and Accountability, and the Office of People and Culture (Human Resources).
- Improve the data tracking for employee AOD violations and disciplinary actions.
- Send out letters to parents of Incoming Freshmen regarding Drug & Alcohol statistics on college campuses and prevention information.
- Promote a variety of topics regarding different Drug & Alcohol programs and classes that could be offered to students with violations.
- Increase collaboration with the Utah County Health Department and Public & Community Health Department to provide more evidence based Drug & Alcohol programming.

Additional Drug, Alcohol and Tobacco laws, prevention, and treatment information can be found at: <https://www.uvu.edu/wellness/aboutus/drug-policy.html>.

METHODS AND DATA COMPILATION

Conduct Violations

Student Conduct Violations

Offense Type	Sanction	On Campus	Off Campus
Allegation of consumption of alcohol in classroom	No sanction; inconclusive	Yes	

Employee Conduct Violations

Offense Type	Sanction	On Campus	Off Campus
N/A	N/A	N/A	N/A

UVUPD Violations

Offense Type	Year	On Campus*	Off Campus	Public Property	Total
AOD Arrest	2019	47	15	13	75
AOD Disciplinary Referral	2019	0	0	0	0
AOD Arrest	2020	19	0	0	19
AOD Disciplinary Referral	2020	0	0	0	0

*Crimes reported in a contract residence as defined by the CLERY Act are counted in the on-campus category.

DRUG AND ALCOHOL PROGRAM ASSESSMENTS

INDIVIDUAL DRUG AND ALCOHOL ASSESSMENT, INTERVENTION, EDUCATION AND REFERRAL

Utah Valley University offers each student the opportunity to meet with a wellness, medical, or mental health professional to assess alcohol and other drug use and receive education and referral to appropriate treatment options. Individual assessment, intervention, education, and referral services depending on the needs and goals of the individual.

NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) SPRING 2019 AND HEALTH MINDS FALL 2020 SURVEY FINDINGS

The ACHA-National College Health Assessment III is a nationally recognized survey that assists college health service providers, educators, counselors, wellness programmers, and administrators in collecting data about their students' health habits. The survey provides a comprehensive picture on student health behaviors, perceptions of health, and identifies prevalent health issues on campus. The topic area of this survey consists of alcohol, tobacco, drug use, sexual health, weight management, exercise, nutrition, mental health, personal safety and violence.

To support the recommendations and the requirements of the Drug Free Schools and Communities Act (DFSCA) and Drug Abuse and Alcohol Prevention Program (DAAPP), this biennial survey influences campus policies that address the possession, use and distribution of alcohol and illicit drugs, as well as drug and alcohol prevention programming on campus. In Spring 2021, UVU utilized the NCHA survey to learn more about health-related behaviors of students. The following information outlines the 2021 survey results as it pertains to drugs, tobacco, and alcohol.

Academic Impacts

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

Alcohol use:	0.5 %	Gambling:	0.2 %
Allergies:	2.1 %	Homesickness:	1.6 %
Anxiety:	36.0 %	Injury:	3.4 %
Assault (physical):	0.5 %	Internet use/computer games:	15.8 %
Assault (sexual):	0.5 %	Learning disability:	5.3 %
Attention Deficit/Hyperactivity Disorder:	10.2 %	Participation in extracurricular activities:	6.5 %
Cold/Flu/Sore throat:	13.7 %	Pregnancy (yours or partner's):	2.2 %
Concern for a troubled friend or family member:	17.0 %	Relationship difficulties:	9.8 %
Chronic health problem or serious illness:	7.9 %	Roommate difficulties:	4.0 %
Chronic pain:	7.6 %	Sexually transmitted disease/infection (STD/I):	0.3 %
Death of a friend or family member:	6.4 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	4.3 %
Depression:	28.7 %	Sleep difficulties:	25.6 %
Discrimination:	0.2 %	Stress:	40.1 %
Drug use:	1.5 %	Work:	27.4 %
Eating disorder/problem:	1.2 %	Other:	6.1 %
Finances:	12.0 %		

Tobacco, Alcohol and Marijuana Use

Reported use versus perceived use-reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Cigarette	Actual Use			Perceived Use			
	Percent (%)	Male	Female	Total	Male	Female	Total
Never used		90.1	91.3	89.9	28.0	23.2	25.4
Used, but not in the last 30 days		8.6	7.2	8.4	23.3	15.5	18.5
Used 1-9 days		0.4	1.5	1.2	33.2	41.5	38.0
Used 10-29 days		0.0	0.0	0.0	7.8	9.5	9.2
Used all 30 days		0.9	0.0	0.5	7.8	10.4	9.0
<i>Any use within the last 30 days</i>		1.3	1.5	1.7	48.7	61.3	56.1

E-Cigarette

	<i>Percent (%)</i>	Actual Use		
		Male	Female	Total
Never used		92.7	88.6	89.4
Used, but not in the last 30 days		2.6	6.3	5.5
Used 1-9 days		1.7	2.1	2.1
Used 10-29 days		1.3	0.6	1.0
Used all 30 days		1.7	2.4	2.1
<i>Any use within the last 30 days</i>		4.7	5.1	5.1

Perceived Use

Male	Female	Total
23.1	13.7	17.5
19.2	10.4	13.9
30.6	40.2	36.6
16.6	18.6	17.9
10.5	17.1	14.1
57.6	75.9	68.6

Tobacco from a water pipe (hookah)

	<i>Percent (%)</i>	Actual Use		
		Male	Female	Total
Never used		94.4	94.0	93.5
Used, but not in the last 30 days		5.2	6.0	6.3
Used 1-9 days		0.4	0.0	0.2
Used 10-29 days		0.0	0.0	0.0
Used all 30 days		0.0	0.0	0.0
<i>Any use within the last 30 days</i>		0.4	0.0	0.2

Perceived Use

Male	Female	Total
39.1	29.8	33.9
25.2	22.1	23.1
28.7	35.0	32.3
5.2	11.0	8.7
1.7	2.1	1.9
35.7	48.2	43.0

Findings continued

Alcohol

	<i>Percent (%)</i>	Actual Use		
		Male	Female	Total
Never used		73.4	69.8	70.8
Used, but not in the last 30 days		12.4	11.4	12.1
Used 1-9 days		12.4	15.9	14.5
Used 10-29 days		1.7	3.0	2.6
Used all 30 days		0.0	0.0	0.0
<i>Any use within the last 30 days</i>		14.2	18.9	17.1

Perceived Use

Male	Female	Total
16.5	9.7	12.3
16.5	6.4	10.6
41.3	48.6	45.8
21.3	28.6	25.6
4.3	6.7	5.7
67.0	83.9	77.2

Marijuana

	<i>Percent (%)</i>	Actual Use		
		Male	Female	Total
Never used		87.4	82.9	84.2
Used, but not in the last 30 days		9.6	9.9	10.1
Used 1-9 days		1.3	4.2	3.1
Used 10-29 days		1.3	1.5	1.4
Used all 30 days		0.4	1.5	1.2
<i>Any use within the last 30 days</i>		3.0	7.2	5.7

Perceived Use

Male	Female	Total
22.3	15.2	17.7
19.7	11.9	15.1
41.5	46.3	44.4
13.5	20.7	17.9
3.1	5.8	4.9
58.1	72.9	67.2

Drinking and Driving

- 0.0 % of college students reported driving after having *5 or more drinks* in the last 30 days.*
- 19.2 % of college students reported driving after having *any alcohol* in the last 30 days.*

**Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		78.9	72.0	74.3
< .10		86.8	82.7	84.1
Mean		0.05	0.05	0.05
Median		0.02	0.04	0.03
Std Dev		0.07	0.05	0.05

Findings continued

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		60.5	75.0	70.8
5		5.3	10.5	8.3
6		10.5	7.9	8.3
7 or more		23.7	6.6	12.5
Mean		4.71	3.33	3.82
Median		3.50	3.00	3.00
Std Dev		4.18	2.06	2.98

* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Male	Female	Total
N/A don't drink		81.0	75.1	76.9
None		14.7	19.2	17.8
1-2 times		3.4	4.5	4.3
3-5 times		0.4	1.2	0.9
6 or more times		0.4	0.0	0.2

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	Percent (%)	Male	Female	Total
Antidepressants		3.9	4.2	4.3
Erectile dysfunction drugs		1.3	0.3	0.7
Pain killers		3.4	4.5	4.3
Sedatives		1.3	1.8	1.7
Stimulants		4.7	2.4	3.8
<i>Used 1 or more of the above</i>		8.6	9.6	9.8

Findings continued

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:*

	<i>Percent (%)</i>	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		42.5	52.4	49.2
Avoid drinking games		37.2	46.1	42.8
Choose not to drink alcohol		36.4	42.9	39.2
Determine in advance not to exceed a set number of drinks		56.4	51.8	52.3
Eat before and/or during drinking		71.1	80.5	78.6
Have a friend let you know when you have had enough		42.1	45.1	44.4
Keep track of how many drinks being consumed		75.7	75.6	76.0
Pace drinks to one or fewer an hour		32.4	48.8	43.2
Stay with the same group of friends the entire time drinking		86.8	95.0	91.9
Stick with only one kind of alcohol when drinking		54.1	58.5	56.0
Use a designated driver		89.7	96.4	93.8
<i>Reported one or more of the above</i>		93.8	96.1	95.5

*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:*

	Percent (%)	Male	Female	Total
Did something you later regretted		31.7	33.7	32.3
Forgot where you were or what you did		17.5	21.7	19.4
Got in trouble with the police		2.5	1.2	1.6
Someone had sex with me without my consent		0.0	6.1	3.9
Had sex with someone without their consent		0.0	0.0	0.0
Had unprotected sex		37.5	23.2	27.3
Physically injured yourself		7.5	12.0	10.9
Physically injured another person		2.5	1.2	1.6
Seriously considered suicide		2.5	8.4	7.0
<i>Reported one or more of the above</i>		58.5	51.8	53.8

**Students responding "N/A, don't drink" were excluded from this analysis.*

HEALTH BEHAVIORS AND LIFESTYLE

Drug use

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

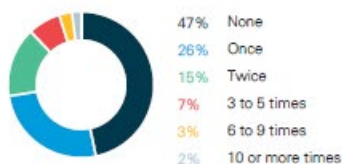
7%	Marijuana
0%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
1%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
0%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
1%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	MDMA (also known as Ecstasy or Molly)
0%	Ketamine (also known as K, Special K)
0%	LSD (also known as acid)
0%	Psilocybin (also known as magic mushrooms, boomers, shrooms)
0%	Kratom
0%	Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)
0%	Other drugs without a prescription
91%	No, none of these

Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following:

- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (female), 5 (male), 4 or 5 (transgender/gender non-conforming) or more drinks in a row? (among those with any alcohol use)



Exercise

In the past 30 days, about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity, where "moderate intensity" would be roughly equivalent to brisk walking or bicycling)

