



**Drug Free Schools, Communities, and Workplace  
Biennial Review:**

**Academic Years 2021-2023**

In Compliance with the U.S. Department of Education's Drug-Free Schools and Communities ACT (DFSCA) and Drug and Alcohol Abuse Prevention Regulations.

**Table of Contents**

***INTRODUCTION* ..... 3**

***PROCEDURES FOR DISTRIBUTING DRUG & ALCOHOL POLICY* ..... 3**

***Annual Distribution*..... 4**

***New Students & Employees* ..... 4**

***CAMPUS PARTNERSHIPS AND OUTREACH*..... 5**

***ALCOHOL AND OTHER DRUG (AOD) PREVENTION PROGRAM ELEMENTS* ..... 5**

***EDUCATION PROGRAMS, SERVICES AND ACTIVITIES* ..... 5**

***DRUG & ALCOHOL PROGRAM GOALS AND ACHIEVEMENTS* ..... 8**

***SUMMARY OF DRUG & ALCOHOL STRENGTHS AND AREAS OF IMPROVEMENT* ..... 9**

***Strengths*..... 9**

***Areas of Improvement*..... 10**

***RECOMMENDATIONS FOR REVISING DRUG & ALCOHOL PROGRAMS*..... 11**

***METHODS AND DATA COMPILATION* ..... 12**

***Student Conduct Violations* ..... 12**

***Employee Conduct Violations* ..... 13**

***UVUPD Violations*..... 13**

***National College Health Assessment Survey (NCHA)* ..... 13**

***Healthy Minds Study (2020)* ..... 14**

***DRUG AND ALCOHOL PROGRAM ASSESSMENTS* ..... 15**

***INDIVIDUAL DRUG AND ALCOHOL ASSESSMENT, INTERVENTION, EDUCATION AND REFERRAL*..... 15**

## INTRODUCTION

Utah Valley University is the largest public university in the state of Utah, and one of a few in the nation offering a dual-mission model that combines the rigor and richness of a first-rate teaching university with the openness and vocational programs of a community college. UVU currently educates over 43,000 students, with a student body represented from seventy-seven countries. Twenty percent of students are of color, 30% of UVU students are nontraditional (25+ years old), 36 percent are married or in partnership and fifteen percent of our students support at least one child. Forty percent are part-time students. Eighty-three percent of students are employed while attending UVU and 29% work more than 31 hours per week. Thirty-eight percent of our students are first generation meaning that neither of the student's parents completed a bachelor's degree. UVU offers 160 undergraduate degree options, 14 master's programs, and 80 certificate programs. In addition to the traditional face-to-face programs, UVU also offers 40 online degree options.

Utah Valley University is an integrated university and community college that educates every student for success in work and life through excellence in engaged teaching, services, and scholarship. UVU's culture supports our mission of student success. Student success encompasses both terminal degrees and the holistic education of students, and we believe that we can fulfill this mission best in an environment that allows all individuals to thrive personally and professionally. To this end, UVU operates in accordance with three core values: exceptional care, exceptional accountability, and exceptional results.

Students experience a mix of wellness-related concerns throughout their college years which can impact their academic and personal successes if not addressed effectively. As identified in the Spring 2023 NCHA assessment, students at UVU have felt so stressed (43.2%), anxious (39.6%) or depressed (29.5%) that it has negatively impacted their academic performance. Students at the University also report feelings of loneliness (54.8%), difficulty sleeping (28.2%) and serious considerations of suicide (4.5%). When it comes to substance use, 10% of students reported using tobacco or nicotine delivery products in the last three months, 25.3% of students reported using alcohol in the last 3 months, and 12.7% of students reported using cannabis/marijuana in the last three months. Substance use prevention and education is a high priority for our university, especially including compliance with the federal Drug Free Schools, Communities, and Workplace Acts.

Student success and well-being is at the forefront, and the University has an unwavering commitment to provide a safe and healthy environment for students, faculty, and staff. Utah Valley University is a drug-free campus. UVU 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.

## 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 its mass-email infrastructure to all students enrolled in any credit-bearing 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, 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 employment, and referral for prosecution.

## CAMPUS PARTNERSHIPS AND OUTREACH

Many campus resources and services are provided to students and staff and there is collaboration between the many different areas to increase awareness of these services and provide comprehensive support to individuals who experience alcohol and drug use. Key departments and groups include: Wellness Programs; UVU Substance Use Prevention Coalition; Student Health Services; Employee Benefits and Wellness; Employee Relations; Student Rights & Accountability; Student Well-Being Committee; University Athletics; University Advisors; Accessibility Services; Dean of Student's Office; Behavior Assessment Team; and University Police.

Additional departments and organizations that contribute to substance use prevention efforts include the Women's Success Center, Veteran's Success Center, Center for Social Impact, Ombudsman, Utah County Health Department, and other local resources. Utah Valley University Student Association (UVUSA) offers a variety of sober activities events and activities for students and their families, and Student Health Services provides clinical and referral services to UVU students that may have substance use concerns.

## ALCOHOL AND OTHER DRUG (AOD) PREVENTION PROGRAM ELEMENTS

UVU Wellness Programs serves as the primary health promotion and prevention office, seeking to educate students about all aspects of well-being. A necessary component of lifelong wellness includes substance use education and prevention of use on campus. It is from this department that many of UVU's alcohol prevention and education programs are implemented and evaluated. Wellness Programs provide a wide spectrum of services to help the campus community pursue health and wellness. A list of their resources can be accessed online at [www.uvu.edu/wellness](http://www.uvu.edu/wellness). Students and employees can also call, email, or visit SL 211 for access to services and resources.

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.

## EDUCATION PROGRAMS, SERVICES AND ACTIVITIES

UVU provides a variety of programming and services to meet the needs of substance use prevention efforts. Below is a comprehensive list of these prevention/education related programming and services.

- **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 use 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 at least seven different [online modules](#) related to AOD topics.

- **APPLE Trainings:** Presentation by UVU Sports Psychologist and Student Rights & Accountability Coordinator for all athletic teams and coaching staff, prior to or during the first month of the Fall semester of each year. A group of UVU students and staff members attend APPLE training annually.
- **Alcohol & Tobacco Presentations and Workshops:** (Given to SLSS, HLTH 1100 & other classes):
  - 2021-2022; 27 classroom presentations with a total of 820 participants
  - 2022-2023; 8 classroom presentations with a total of 295 participants
- **Health & Wellness Fairs:** Include a variety of health and wellness related booths. Among the 2021-2023 health fair booths were alcohol, tobacco/E-cigarette, and other drug education and prevention, sexual health and STI prevention, sleep, suicide prevention, body image, and other health behavior related booths.
  - November 2021 Health Fair: 900 participants
  - March 2022 Health Fair: 1255 participants
  - November 2022 Health Fair: 1024 participants
  - March 2023 Health Fair: 1044 participants
  - Total participants for Health Fairs: 4,223 participants
- **Hallway Tabling Events and Activities:** Throughout each semester Wellness Programs student interns will plan topics for “Wellness Wednesday” and “Thinking Thursday” activities. Topics include sex education, alcohol, tobacco, substance use, addiction, stress reduction, healthy habits, and other wellness related topics.
- **Tobacco/E-cigarette Cessation Services:** UVU Wellness Programs offers free quit kits and a free smoking/vaping cessation health coaching program for UVU students and employees who have a desire to quit tobacco/e-cigarette use. This program is designed to educate, inform, inspire, and support behavioral change with the help and support of a personal Health Coach.
- **Substance Use Prevention T-shirts and Swag:** T-shirts (“Don’t Jeopardize Your Future”) and swag focused on substance use prevention were given to students as incentives to participate in Wellness Programs prevention related activities. Funding for these items was provided through an E-cigarette, Marijuana, and other Drug Prevention grant that UVU Wellness Programs received through the Utah County Health Department.



- **Alternative Spring & Fall Break:** The Center for Social Impact and Outdoor Adventure Center host alternative spring break trips. Alternative Break trips take students outside of the Utah Valley area to experience a healthy alternative to the common alcohol – related break activities. Students can 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.
- **UVU Conference on Addiction:** The UVU College of Humanities and Social Sciences hosted a Conference on Addiction in March of both 2022 and 2023. 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. Registration for students was free of charge.
- **Responsible Drinking:** UVU Wellness Programs provides 21<sup>st</sup> birthday boxes with swag and safe drinking information for students. Topics on responsible drinking are also presented at Wellness Wednesdays and Health Fairs.
- **Collegiate Substance Use Disorder Conference:** In April of 2023, UVU Wellness Programs hosted a Collegiate Substance Use Disorder Conference with a panel of speakers for student and community support/resources and Olympic ski medalist, Nick Goepper as a keynote speaker. Local recovery and support center information booths were included. Funding for the conference was provided through an E-cigarette, Marijuana, and other Drug Prevention grant that UVU Wellness Programs received through the Utah County Health Department.
- **12 Step Recovery Meetings:** Beginning in the summer of 2023, UVU began hosting weekly recovery meetings facilitated by Cirque Lodge staff, a local rehab center. These meetings are for UVU students and staff, but also open to the local community.
- **Mental Health Services:** UVU Student Health Services provides assessment and treatment for a variety of mental health concerns such as anxiety, depression, eating disorders, trauma, grief, substance use, and relationship issues. They offer therapy in several formats including individual therapy, group therapy, and couple’s therapy.
- **TimelyCare:** Student Development & Well-Being developed a partnership with TimelyMD to deliver TimelyCare, a virtual health and well-being platform for students. Through either a mobile app or desktop students can access 24/7 virtual well-being care at no cost. Services include Counseling (9 visits per year), Health Coaching, and Self-Care Content.
- **UVU Thrive:** In August of 2023 we introduced UVU Thrive, a comprehensive well-being website for UVU students. Students may visit [uvu.edu/mentalhealth](http://uvu.edu/mentalhealth) to find information regarding all aspects of well-being and to evaluate where they are and what they may need. Included are resources to help students with their mental health, well-being, safety, basic needs, and social connectedness while at UVU. This website was created and developed through the UVU Student Well-Being Committee.

- **UVU Substance Use Prevention Coalition:** In January 2023 UVU Wellness Programs formed a substance use prevention coalition. The coalition currently consists of members from UVU Wellness Programs, UVU Office of General Counsel; UVU Student Accessibility Services, UVU College of Humanities and Social Sciences, UVU Criminal Justice faculty, UVU Police, UVU Student Rights and Accountability/Ombuds Office, Utah County Health Department, UVU Department of Public Health faculty, Cirque Lodge Rehabilitation Center, and Pathways Recovery Center. The coalition meets monthly using the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Strategic Prevention Framework as a model for assessing the current substance use prevention and service needs on campus and the planning, implementation, and evaluation of prevention and recovery programs.
- **Purchase of a Prescription Drug Disposal Container:** Funding for a prescription drug disposal box was provided through an E-cigarette, Marijuana, and other Drug Prevention grant that UVU Wellness Programs received through the Utah County Health Department, and UVU Wellness Programs along with UVU Police plan to begin implementation of prescription drug takeback programs on campus in the upcoming year.

In addition to the programming efforts listed above, there has been complementary programming for general health behaviors on campus. These complementary programming efforts included:

- Stress Reduction Rooms
- Health Screenings
- Health Coaching
- Healthy Cooking Classes
- ADHD Workshops
- Support Groups led by Mental Health Counselors
- Dietician Services
- Personal Trainers
- Reflection Center
- Campus Recreation and Wellness Kickoff
- Recliner Massage Chairs
- Mindfulness Workshops
- Tasty Tuesdays
- Munchie Monday
- The Body Project (body image acceptance program)

## DRUG & ALCOHOL PROGRAM GOALS AND ACHIEVEMENTS

Our continuous goals are to:

1. Provide multimodal education and training opportunities: virtual; in-person; on-campus; and through off-campus community partnerships.



2. Ensure awareness of and compliance with university policy.
3. Promote the 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 use struggles.

Utah Valley University experienced multiple achievements related to Drug and Alcohol prevention efforts, which are reflected in the previous section. Notable achievements that were new to this review period include:

- Development of the UVU Substance Use Prevention Coalition
- Collegiate Substance Use Disorder Conference
- Implementation of weekly 12 Step Recovery meetings
- Substance use prevention t-shirts, swag, quit-kits
- Introduction of the TimelyCare app
- UVU Thrive Campaign

## SUMMARY OF DRUG & ALCOHOL STRENGTHS AND AREAS OF IMPROVEMENT

### **Strengths**

- UVU has implemented and enforced policies and regulations that deter alcohol and drug use (e.g., prohibiting alcohol use and sales on campus).
- UVU has a Student Development and Well-Being team who collaborate with departments across campus to collectively contribute to drug and alcohol education, safety, and programs.
- UVU Wellness Programs provides an abundance of prevention/education activities, services, and programming for students and employees of all demographics.
- The UVU Substance Use Prevention Coalition, formed in January 2023, is dedicated to meeting each month to assess the current substance use prevention and service needs on campus and to plan, implement, and evaluate prevention and recovery programs.
- UVU Wellness Programs has a good working relationship with the Utah County Health Department (UCHD) and UVU Public & Community Health Department. Employees from both organizations serve as members of the UVU Substance Use Disorder Coalition. Through connections with the UCHD, UVU Wellness Programs became aware of the E-cigarette, Marijuana, and Other Drug Prevention Grant. As a result of applying for this grant, UVU was awarded \$50,000 to use toward prevention programs in 2022-2023.
- The Dean of Students office formed a Student Well-Being Committee in June 2022. This committee consists of members from various UVU departments and meets often to coordinate efforts that address the needs of the health and well-being of UVU students. It is through this committee that the UVU Thrive campaign was created.

- UVU Athletics Mental Health Committee administers the APPLE /NCAA trainings and meets to discuss student and team mental health concerns and how to address the needs of teams and individual students.
- UVU Wellness Programs provides education to various campus entities for wellness education, Drug & Alcohol education, etc. in the form of presentations. UVU Wellness Programs is timely in responding to requests across campus, thus maximizing the ability to notify students of services offered.
- Student Health Services provides affordable and competent therapists available to students. They also offer group therapy programs.
- The UVU Behavioral Science Department provides a Substance Use Disorder Counseling Certificate of Proficiency (SUDC) for students who wish to develop the knowledge and treatment skills necessary to assist individuals with substance use disorders. The SUDC program also contributes to the planning and implementation of the annual UVU Conference on Addiction.
- The Office of Student Rights and Accountability has a referral system 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 partnered with UVU Athletics to administer its AOD testing, Safe Harbor program, education, and treatment programs.
- Access to seven AOD online training modules, offered by Vector Solutions, which can be accessed through the student portal.
- Utilization of the National College Health Assessment (NCHA) and Healthy Minds survey data regarding student AOD attitudes and use.
- TimelyCare app as an additional resource to meet the mental health needs of students. TimelyCare serves as a supplementary resource to Wellness Programs and Mental Health Services. It is a good option for students who prefer virtual care and/or cannot receive immediate care due to waitlists. (See Education Programs, Services and Activities, #13)
- UVU Thrive Student [Well-Being Website](#).
- The addition of 12-step Recovery Meetings has been a key step in meeting the needs of students who experience substance use disorders. The combined attendance since these meetings began two months ago (at the time of this review) totals 78 participants.
- Multifaceted communication strategies to notify students of our services. These communications include websites, digital displays, emails, bulletin boards, advertising at events, word of mouth, and more.

### **Areas of Improvement**

- UVU is not currently sending out letters to parents of incoming first-year students regarding Drug & Alcohol use prevention. Alternatively, this could be a letter posted on the Parents and Families of UVU Students website.

- Comprehensive campus recovery program that includes various meetings and resources including therapeutic services for students.
- Refine use of record-keeping/analytic system (Maxient) to run meaningful AOD reports and monitor trends.
- Assure evidence-based approaches to Drug & Alcohol education and prevention.
- Improvement of the [DAAPP website](#) to be more informative to students and parents. UVU Wellness Programs plans to address this in 2023-2024 as they work with UVU Web and Mobile Solutions to rebuild the Wellness Programs website, where the DAAPP website is housed.
- Study the proposal of becoming a tobacco free campus.
- Recruit UVU students to serve on the UVU Substance Use Prevention Coalition.
- Improve meeting the needs of students with violations of Drug & Alcohol policies.
- A more in-depth substance use assessment is needed to identify and fulfill the needs of high-risk groups on campus. UVUSUP Coalition will create and distribute a Substance Culture Survey for UVU students to complete to assess student attitudes and habits toward substance use. Survey results will be used as the basis of moving forward with prevention programs.
- Although UVU Student Health Services offer mental health therapy services to students experiencing a substance use disorder, there is not currently a therapist that specializes in drug counseling. UVU students would benefit from having a therapist that has specialized training and certifications in drug counseling.

## 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 first-year students 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.
- Continue to look for opportunities for collaboration with the Utah County Health Department and Public & Community Health Department to provide more evidence - based Drug & Alcohol programming.
- A substance use assessment survey will be developed by UVU Substance Use Prevention Coalition. A subcommittee has already been formed for the purpose of developing and distributing the survey.

## METHODS AND DATA COMPILATION

### Student Conduct Violations

Data regarding conduct violations were collected in conjunction with the Student Rights & Accountability (SRA) office. Utah Valley University uses an online-based conduct management system called Maxient, maintained by SRA. Through Maxient, assigned staff can run queries based on type of violation, location, date, and time, etc. In addition, UVU Police Department officers regularly patrol and respond to concerns on-campus. In the event of a campus incident or potential violation, these officers can submit incident reports that are then forwarded on to SRA.

Per *Policy 541: Student Rights* the following sanctions are defined as:

- *Education*- Considered a discretionary sanction which is an educational meeting or intervention, behavior agreements, work assignments, essays, service to the University, or other related alternative, educational and/or restorative remedies.
- *Safe Harbor*- Safe harbor is a provision that affords students protection from penalty if a student, in good faith, self-reports their own addiction to the appropriate university officials before the threat of drug testing and/or discipline.
- *Warning*- A written notice to the student that the student is violating or has violated university standards of student conduct as laid out in this policy and that the misconduct must not be repeated.

### Student Conduct Violations (from 2021– 2023)

<b>Allegation</b>	<b>Year</b>	<b>Sanction</b>	<b>On/Off Campus</b>
Use of drugs	2021-2022	Received a warning, education, and engaged in Safe Harbor	Off Campus
Use of drugs	2021-2022	Received a warning, education, and engaged in Safe Harbor	Off Campus
Use of drugs	2021-2022	Received a warning, education, and engaged in Safe Harbor	Off Campus
Use of drugs	2021-2022	Received a warning, education, and engaged in Safe Harbor	Off Campus
Poss. Drugs	2022-2023	Case is currently ongoing. No sanctions provided at this time due to investigation.	On Campus

## Employee Conduct Violations

Data regarding employee conduct violations were collected in conjunction with the Employee Relations office through People and Culture. Utah Valley University uses Maxient, a third-party case management system maintained by Employee Relations. Through Maxient, assigned staff can run queries based on type of violation, location, date, and time, etc. Employees can report potential conduct violations in person or through EthicsPoint, a third-party private contractor, who administers our ethics and compliance hotline. The EthicsPoint service offers independence, confidentiality, and 24/7 year-round availability. In addition, UVU Police Department officers can submit incident reports and forward them as appropriate to Employee Relations.

There were no reported employee drug and alcohol related violations during the 2021-2023 period.

## UVUPD Violations

The UVU Police Department ensures the safety and security of the university community and enforces federal, state, and local laws on campus property.

Arrests	Year	On Campus	Off Campus	Public Property	Total
Drug Violations	2021	3	0	0	3
Liquor Law Violations	2021	1	0	0	1
Conduct Referrals	Year	On Campus	Off Campus	Public Property	Total
Drug Violations	2021	0	4	0	4
Liquor Law Violations	2021	0	0	0	0

\*Compilation of updated 2022 statistics are available after October 1, 2023 via the UVU Annual Security & Fire Safety Report: <https://www.uvu.edu/police/>.

## National College Health Assessment Survey (NCHA)

The ACHA-NCHA 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. The survey is administered electronically to a randomized sample of Utah Valley University students every other year. The data are used to inform programming and resources around drug and alcohol prevention for students. The most recent survey was conducted in Spring 2023. 513 students were surveyed and 183 identified as Cis Men, 312 as Cis Women, and 18 as Trans/Gender Non-Confirming. For the purpose of this report a brief summary regarding the NCHA-ACHA findings is explained.

The survey data suggests that while most students do not perceive substance use, such as alcohol or cannabis/marijuana, as negatively impacting their academic performance, a small percentage do

report such impacts (1.7% UVU and 2.1% Nationally). Trans/Gender Non-Conforming students reported a higher impact related to cannabis/marijuana use (11.1% UVU and 4.8% Nationally). Other problems or challenges such as procrastination (53.5% UVU and 46.6% Nationally), finances (23.6% UVU and 17.1% Nationally), and career (21.0% UVU and 14.0% Nationally) had a higher percentage of negatively impacting academic performance among all students in the sample.

Alcohol use among UVU students is less than the national average with 18.3% of UVU students reported consuming alcohol within the last 30 days. This compares to 59.4% of students nationally who reported consuming alcohol within the last 30 days. Of those 18.3% UVU students, 17.4% reported having some alcohol before driving a vehicle with the last 30 days in comparison to 14.5% nationally.

Additionally, 48.9% of students reported driving under the influence of cannabis within six hours of using cannabis/marijuana (29.5% Nationally) within the last 30 days. It is important to note that only 10% of UVU students reported using cannabis in the last 30 days, so at most 4.9% of all UVU students have driven under the influence of cannabis in the last 30 days. In comparison to national statistics, 23.1% of students reported using cannabis in the last 30 days. This question does not specify an amount of cannabis to be used, only a time frame of within the last 6 hours.

The top three negative consequences associated with alcohol use for students who drank alcohol within the past 12 months were regret (14% UVU and 19.4% Nationally), brownout (13.4% UVU and 21.9% Nationally), and unprotected sex (11.5% UVU and 10.8% Nationally), emphasizing the importance of addressing the mental and physical impacts of substance use. It is noteworthy 4.5% of UVU students (2.5% Nationally) indicated that they were in recovery from alcohol or other drug use, indicating both a willingness to seek help and the importance of supporting individuals in recovery.

These findings inform UVU's comprehensive substance use prevention and intervention programs, considering the specific needs of Trans/Gender Non-Conforming students. Additionally, efforts continue to be directed towards reducing high-risk behaviors, promoting responsible substance use, and providing support for those in recovery.

For more information on the ACHA-NCHA UVU results review the [Executive Summary](#), [Data Report](#), and [Reference Group Summary](#).

### **Healthy Minds Study (2020)**

The Healthy Minds Study, conducted by the Healthy Minds Network provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources. The survey is administered electronically to a randomized sample of Utah Valley University students. The survey is split into multiple sections, some of which were presented to all students. To decrease the completion time of the survey, some sections were randomly presented to only half of the students. The survey was taken by 1,361 students. This sample include 47.0% of



participants identifying as Female, 51.0% as Male, and 0% as Transgender/Gender Non-Conforming. The survey consists of six sections: Campus Climate, Place to Belong, Physical Health, Emotional Well-being, Abuse and Bullying, Mental Health, and COVID-19. For the purpose of this report a brief summary regarding the Healthy Minds Study findings on drug and alcohol usage is explained.

The Healthy Minds data offers insights into substance use patterns among a sample of students. Regarding binge drinking, 47.0% had not engaged in heavy drinking (four or more consecutive drinks) in the past two weeks. 41.0% had done so once or twice and 12.0% had engaged in heavy drinking three or more times. National comparisons were not available for this data set.

In terms of substance usage in the past 30 days, 7.0% of students reported marijuana use, 7.0% reported using electronic cigarettes or vape pens, and 2.0% reported using regular cigarettes. These statistics are significantly different from the national sample where 20.0% of students reported using marijuana in the past 30 days, 15.0% used electronic cigarettes or vape pens and 7.0% used cigarettes.

This data provides a multifaceted view of the well-being of the student population highlighting substance use behaviors. Regarding substance use, while a portion of students reported alcohol and substance use, it is notable that a majority did not engage in heavy drinking. In conclusion, this data provides valuable insights for UVU to tailor support services, healthcare access, and community-building efforts to meet the diverse needs of the student populations and promote overall well-being. Additionally, addressing substance use through education and support programs remains an important aspect of UVU's well-being initiatives.

For more information on Healthy Minds 2020 Survey results refer to the [Fall 2020 Data Report](#) and the [UVU Institutional Research Report](#).

## DRUG AND ALCOHOL PROGRAM ASSESSMENTS

Each UVU department applies a continual process to assess and evaluate outreach events and programs (i.e., number in attendance, etc.). Program organizers complete assessments after each event to record information such as the number in attendance, learning objectives, effectiveness, improvements to be made, etc. Assessment and program evaluation reveals program strengths and potential limitations and recommend improvements.

## 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 depend on the needs and goals of the individual.

UVU has a Safe Harbor program that affords students protection from penalty if a student in good faith, self-reports their own addiction or substance misuse to appropriate university officials before the threat of drug testing and/or discipline. Students seeking safe harbor should contact the Office of Student Rights and Accountability.

Although the Safe Harbor program is available to all students, the UVU Athletic Department utilizes this program for student athletes (SAs) as well for the purpose of substance use referral and education. For the general student body, the Student Rights and Accountability Office administers the program.

The Safe Harbor program for athletics is administered by the Office of Student Rights and Accountability and a committee consisting of a mental health & sport performance specialist and guided by a team of personnel consisting of the Director of Academics, Athletic Compliance, Senior Women Administration, and members of the Office of Student Rights and Accountability. It promotes a safe and confidential space for student athletes to increase their awareness, education, and the tools needed to combat substance use disorders by the utilization of a harm reduction approach guided by the American Society of Addiction Medicine (ASAM). Although similar activities and education are provided to non-student athletes who engage in the Safe Harbor program, non-students are not drug tested and do not have access to an addiction specialist therapist.

The Safe Harbor curriculum helps ensure all students and SA's receive the highest quality, most comprehensive substance use treatment possible. While each individual student or SA will continue to have a customized treatment plan, they will also be empowered with additional tools to measure their own progress and accomplishments. Additionally, students and SA's will become more engaged, invested, and attached to a positive outcome from their investment in treatment at Safe Harbor. Student and SA drug testing is administered through the Office of Student Rights and Accountability in conjunction with UVU Athletics training personnel.

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



**Drug-Free Schools, Communities, and Workplace Biennial Review 2023**

**I have reviewed and approved the content of this 2023 Biennial Review.**

*Alexis Palmer*

Dr. Alexis Palmer  
Associate VP of Student Development & Well-Being  
Dean of Students

9-11-23

Date

**I have reviewed and approved the content of this 2023 Biennial Review.**

*Michelle Kearns*

Dr. Michelle Kearns  
VP Student Affairs

9-13-23

Date

**I have reviewed and approved the content of this 2023 Biennial Review.**

*Astrid S. Tuminez*

Dr. Astrid S. Tuminez  
President, Utah Valley University

9/18/2023

Date