



# The University of Richmond

## 2018-2020 Biennial Review

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*In accordance with The Drug- Free Schools and Campuses Regulations (EDGAR Part 86), The University of Richmond continues to conduct a biennial review of alcohol and other drug programs and services. Pursuant to EDGAR Part 86, all institutions of higher education receiving federal funds or financial assistance must develop and implement a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees. Each institution must conduct a biennial review of the program's effectiveness and the consistency of the enforcement of sanctions.*

## DESCRIPTION OF ALCOHOL AND DRUG PROGRAM ELEMENTS AND POLICIES

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The mission of the University of Richmond is to educate in an academically challenging, intellectually vibrant, and collaborative community dedicated to the holistic development of students and the production of scholarly and creative work. A Richmond education prepares students for lives of purpose, thoughtful inquiry, and responsible leadership in a diverse world.

The University recognizes that alcohol and other drug (AOD) misuse creates harm for the individual, for the persons impacted by the actions of the individual, and the larger campus community.

While the University's efforts are primarily focused on students, as they are a high-risk population, resources and support are available for faculty and staff through the Healthy Returns Employee Assistance Program (EAP) offered through Cigna. Cigna EAP provides confidential information and services on counseling, treatment and rehabilitation programs for employees.

## PROCEDURE FOR DISTRIBUTION OF EDGAR PART 86 OF THE DRUG FREE SCHOOLS AND COMMUNITIES ACT TO THE UNIVERSITY COMMUNITY

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The University's Alcohol and Drug Policy is distributed to faculty, staff and students on a semi-annual basis. An email notification is sent in January and September each year after the "add/drop" period for classes concludes.

## ALCOHOL AND DRUG PREVENTION EDUCATION & AWARENESS PROGRAMS

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The University uses the prevention model developed by the National Academy of Sciences Institute, which states that programs should be tailored to meet the needs of three prevention populations: interventions aimed at all students (universal); students who are part of high-risk environments (tailored) and students that have been identified as needing additional intervention (indicated). This approach to prevention education creates an environment in which students can make choices about alcohol that protect them from impairment problems and long-term health consequences.

Universal prevention interventions target all students in the campus community and include large-scale alcohol-free events (Spider Nites); large-scale wellness initiatives (PleasureFest); registering alcohol events held in apartments with Residence Life; and registering fraternity lodge parties with the Center for Student Involvement.

Tailored prevention interventions target sub-populations within the campus community and include new student orientation programming; The WELL 085 Graduation Requirement; Risk Management training for Greeks; TIPS training for those that want to host registered parties; and outreach programs.

Indicated prevention intervention targets individuals cited for violating the University's Alcohol, Tobacco and Drug Policy and includes sanctions education.

A description of prevention interventions can be found below.

### NEW STUDENT ORIENTATION

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*Molecules that Monkey with Your Mind*: This program uses a variety of interactive techniques and humor to provoke some fresh thoughts about all drugs and create a framework for understanding substance use disorders. The session starts by examining what is normal and what is not about drug use in our confusing culture. The session asks the question "What's the most devastating drug?" (And believe me, it isn't what you are thinking right now.) The ultimate goals are to promote both self-awareness about genetic risk and to help students develop the courage, and compassion to intervene if a friend is experiencing problems with alcohol or other drugs. The program also promotes collegiate recovery as a source of wisdom and support. Upon completion, students will

have increased self-awareness about alcohol and drugs and be aware that most students are healthy. They will also be better prepared to help a friend or themselves should issues arise.

### WELLNESS GRADUATION REQUIREMENT

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In keeping with the University's objective of fostering knowledge and personal well-being, every full-time, degree-seeking undergraduate student must complete the WELL 085 Alcohol Education Graduation Requirement. The WELL 085 graduation requirement has two components:

- (1) Alcohol Edu for College & Sexual Assault Prevention for Undergraduates; and
- (2) WELL 085 Alcohol Education & Prevention Workshop

Prior to arriving on campus, first year and transfer students will complete both Alcohol Edu for College and Sexual Assault Prevention for Undergraduates. Alcohol Edu for College is an interactive online program designed to reduce the negative consequences of alcohol amongst students. The online course delivers a personalized experience to students dependent upon their current drinking choices, and is proven effective in reducing high-risk drinking behaviors like heavy-episodic drinking, pre-gaming and bystander intervention.

Once on campus, students will complete a two-hour alcohol education workshop (WELL 085) focusing on policies of the University and the Commonwealth of Virginia. This in-class workshop is an alcohol prevention and education program designed to assist students in making positive decisions regarding alcohol issues. During the workshop, students will discuss the health risks of overconsuming alcohol, review standard drink sizes, develop risk-reduction strategies, practice bystander intervention skills and learn about helpful resources on campus.

Successful completion of the requirement is mandatory for graduation.

Highlights from the course include:

Survey Response	Fall 2018	Fall 2019
<i>I intend to make positive/healthy changes to my drinking behavior as a result of this course</i>	56%	48%
<i>I am re-evaluating my drinking behavior as a result of the course</i>	40%	41%

### OUTREACH AND EDUCATION

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**Health Education & Health Promotion Programs:** The University of Richmond prevention and education programs are based on the belief that effective programs are evidence-informed, comprehensive, and coordinated across the University. The Well-Being Unit provides education and prevention programs to students through lectures, discussion and interactive participation in the classroom, within student organizational meetings, in residence-hall programs and to high-risk student groups such as student athletes, fraternities and sororities, and first-year students. The programs are interactive and tailored to meet the needs of each particular group. The programs focus on social norming, alcohol poisoning, low-risk drinking and bystander intervention.

**PleasureFest:** PleasureFest is an interactive health fair that allows students to participate in activities that promote well-being and all things that bring one pleasure. PleasureFest is a collaboration with our extended community and campus partners: Virginia Department of Health, Virginia ABC, URPD & UREMS, Peer Sexual Misconduct Advisors (PSMA's), CAPS, Cameron Gallagher Foundation (Speak up), Gift of Life, and Safe Harbor. Outreach activities at PleasureFest that relate to alcohol and drug education and prevention include the Perfect Pour, alcohol impairment goggle demonstrations and alcohol and drug trivia activities.

**Self-Management and Recovery Training (SMART) Recovery:** A facilitated support program for students to help manage their recovery from any type of addictive behavior. The program is intended to help people determine if they have a problem, build motivation to change, cope with urges, manage thoughts, feelings and behaviors, and live a balanced life.

**BASICS (Brief Alcohol Screening and Intervention for College Students) Program:** A two-session, harm reduction-focused opportunity for students to talk one-on-one with a counselor, receive normed feedback about their substance use and determine their own goals for change. This program is for students that voluntarily wish to make a change to their behavior.

**TIPS Training:** Residents of University Forest Apartments (UFA) and Gateway Village that plan to host events with alcohol are required to attend the TIPS for Hosting an Event with Alcohol and Events Registration training. All residents of the apartment must attend the training if they plan to host an event with alcohol. Residents of UFA and Gateway Village receive an email from their Resident Advisor containing the training information. The Area Coordinator(s) for UFA and Gateway provides the training and track attendance.

**University of Richmond Police Department:** URPD officers are available to present educational seminars on alcohol and substance misuse, driving under the influence, self-defense and other safety related programming.

**RISK Management Training for Greek Life:** All new members (within their first month of membership\*) and new executive board members will go through risk management training on a yearly basis. This training covers:

- Overview of University of Richmond policies and procedures,
- Highlights key national organization rules and regulations,
- High level alcohol and bystander education pertinent to hosting events as a Greek organization
- Job responsibilities and basic event management best practice

\* New members who join in the fall will be trained during the following spring semester

#### *SANCTIONS COURSES*

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Students that are sanctioned for a violation of the University's Alcohol and Drug Policy will be required to participate in an alcohol and drug education program. The purpose of these programs is to engage the student in a discussion about alcohol use and misuse, encourage harm reduction and to provide safety and resource information.

A student may also have additional requirements beyond the completion of educational sanctions courses. More detailed information on sanctions can be found in the [Alcohol, Tobacco and Other & Drug Policy](#).

*A description of the sanction education courses is listed below.*

**Alcohol Edu for Sanctions:** An online course designed to help students who have violated campus alcohol policies make safer and healthier choices. Students must complete Part 1 and Part 2 of the course to fulfil the sanction requirement.

**BASICS (Brief Alcohol Screening and Intervention for College Students) Program:** BASICS is an evidence-based program that helps students make better alcohol-use decisions and reduce their risks for alcohol-related harm. Students that participate in the BASICS program will receive at least two non-confrontational, non-judgmental sessions with a staff member. Students will receive normed feedback about their substance use and determine their own goals for change.

**Marijuana 101:** An on-line course for marijuana violations. Six lessons cover a variety of key issues such as marijuana dependence, marijuana's effects, mental-health issues and synthetic marijuana use. Students must complete Part 1 and Part 2 of the course. There is a 14-day intersession between Part 1 and Part 2.

**Prescription Drug Abuse Course:** Online course that equips students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn about a range of topics, including the science of addiction, how to properly use and dispose of prescription drugs, and how to intervene when faced with a situation involving drug misuse.

**Alcohol or Drug Evaluation:** Under certain circumstances, students are required to undergo an alcohol and/or drug assessment. A Substance Abuse Counselor from an off-campus facility completes the assessments. The recommendations from the evaluation are shared with the Substance Misuse Prevention Coordinator and the student is encouraged to complete any recommendations described in the evaluation.

## ENVIRONMENTAL MANAGEMENT STRATEGIES

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Environmental management is based on the fact that an individual's behavior, including their use of substances, is shaped through multiple levels of influence: intrapersonal (individual factors), interpersonal (group) processes, institutional factors, community factors and public policy. Prevention directed at the environment generally relies on public policies and other community-level interventions both to limit access to substances and to alter the culture and contexts within which decisions about substance use are made.

## ADVISORY COMMITTEE ON ALCOHOL & DRUGS

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The goal of the Advisory Committee on Alcohol & Drugs is to guide education, prevention and compliance issues related to alcohol and other drugs on campus. This committee will:

- Review and recommend policy, structural and program changes that focus on alcohol, tobacco and drug education and prevention on campus;
- Share information about alcohol and drug programming, concerns, statistics and outcomes on campus;
- Promote conversations and collaborations across campus related to alcohol and drug issues; and
- Evaluate the WELL 085 Alcohol Education and Prevention Workshop on an annual basis to ensure the course adequately reflects the challenges and issues facing University of Richmond students.

### *TOBACCO-FREE CAMPUS WORKING GROUP*

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In 2019, the University was awarded an \$8000 grant from the Tobacco-Free Generation College Initiative sponsored by the CVS Foundation and the American Cancer Society. The grant is awarded to colleges and universities to accelerate and expand the adoption and implementation of smoke-and tobacco-free policies. To assist the Well-Being Unit in achieving the goal of a tobacco-free campus, a Tobacco-Free Campus Working Group was formed to address the transition to a tobacco-free campus. The working group will be addressing policy development, compliance and education around a tobacco free campus. The working group will be developing a time-line for implementation as well as marketing and communication materials.

### *TOBACCO CESSATION PROGRAM*

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The Well-Being unit offers tobacco cessation free to faculty, staff and students that want to quit using tobacco and nicotine products. The Well-Being Unit has Tobacco Cessation Specialists that will assist and support members of the university community as they transition to a tobacco free life style. Individuals interested in participating in the cessation program should contact [quit@richmond.edu](mailto:quit@richmond.edu).

### *COLLEGIATE RECOVERY PROGRAM*

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The University of Richmond is engaged in a multi-year, statewide effort to expand collegiate recovery services for students in higher education. As the principal investigator of the research project, Virginia Commonwealth University has partnered with the University to provide technical assistance and to share funding received from the Virginia Department of Behavioral Health and Developmental Services (VDBHDS) which originated with the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). The Collegiate Recovery Expansion Grant, which began in November 2019, was extended through September 29, 2022. The primary goals of The University of Richmond's Collegiate Recovery Program are:

- To provide support to UR students who pursue recovery from alcohol and substance use disorder – with programming and connection to resources within and beyond the university;
- To support students who are in pre-recovery and struggling with negative substance use outcomes; and
- To provide education and outreach to the University community to create a culture of allies that respects and supports those who are in recovery or seeking to make changes surrounding their substance use.

Since the inception of the Collegiate Recovery Program, the Well-being Unit has accomplished the following:

- Hired a part-time Recovery Specialist to manage and coordinate the recovery program;
- Planned and hosted Recovery Ally Trainings – November 2019 & November 2020;
- Facilitated regular SMART Recovery meetings;
- Created survey items for Alcohol EDU to identify recovering students;
- Held individual recovery coaching and counseling with sessions with students; and
- Planned and implemented recovery-based programs.

*Collegiate Recovery Numbers:*

	<b>Fall 2019</b>	<b>Spring 2020</b>
Students Engaged	5	12
Student Members	0	2
Students Active (>30 day)	0	2
1 on 1's	10	64
Recovery Meetings	5	5
Total Meeting Attendance	5	0
Total Student Meeting Attendance	5	0
Community Outreach Events	1	0
Community Outreach Events Attendance	120	0
Campus Outreach Events	1	1
Campus Outreach Events Attendance	100	124
Total Outreach Events	2	1

*SPIDER NITES*

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Cultural Advisors (CAs) are student leaders on campus who live in the residence halls and work with residents and residence life staff to make the halls safe, welcoming, and supportive communities for all students. Cultural Advisors promote learning and understanding across cultural differences, share information about campus resources on diversity and inclusion, and facilitate connections between and among residents. They also coordinate the weekly Spider Nights program that occurs every Saturday night.

Spider Nights programs are designed and hosted by the Cultural Advisors to give students a choice of activities besides a traditional party scene. The events start at 9:00 pm and last until midnight, are all free and feature some food, so even if students stop by for a while on their way to a party, we have hopefully shortened their alcohol consumption time and added food to their stomachs. Typical events include Bingo, Carnival nights, video game tournaments, craft nights, casino nights, movie nights, trips off-campus to trampoline parks, and indoor rock-climbing. Spider Nights also sponsors the final event during first year orientation.

The events are advertised on d-flyers, Facebook and Instagram.

**2018-19:**

Fall events: 12

Spring Events: 12

Total Participants: 1660

***This represents an 18.5% increase over our previous year's attendance.***

**2019-20:**

Fall events: 13

Spring Events: 7 (COVID-interrupted semester)

Total Participants: 1939

***This represents a 16.8% increase over the previous year's attendance.***

## *SUBSTANCE FREE HOUSING*

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Residence Life and Student Housing offers substance-free housing for those students who wish to minimize their exposure in their living environment to alcohol and alcohol-related behavior, illicit drugs, and smoking materials. Students living in these communities agree not to use alcohol or drugs in their residential community, nor bring the effects of those substances back into the hall.

Students who choose to live in this community will make a commitment to themselves and others to abstain from the use of alcohol, tobacco, drugs and other substances through and by supporting other community members in their decision to live a healthier, substance-free life.

Students that fail to uphold the expectations will be relocated to another housing assignment.

### **2018-19:**

*First Year Students:* 34 beds were held for male-identified students in Marsh Hall. 38 beds were held for female identified students in Moore Hall.

*Returning Students:* 25 beds were held in Gray Court.

### **2019-20:**

*First Year Students:* 6 beds were held for male-identified students in Marsh Hall. No beds were held for female-identified students due to no interest.

*Returning Students:* Was discontinued as a housing option for returning students due to lack of interest.

## **UNIVERSITY POLICIES**

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The University of Richmond does not condone the illegal or otherwise irresponsible use of alcohol. In accordance with federal and state law, the University prohibits the unlawful possession, sale, use or distribution of alcohol on University property. All members of the University community and third-party users of University facilities are responsible for knowing and acting in accordance with the applicable laws and University policy concerning the purchase, possession and storage of alcoholic beverages.

Federal and state law prohibits the illegal manufacture, distribution, possession or use of drugs, narcotics, pharmaceuticals and drug paraphernalia and the University does not condone such conduct.

The use of, or addiction to, alcohol or other drugs is not considered an excuse for violations of applicable law and University policies, and will not be a mitigating factor in the determination of appropriate disciplinary sanctions.

The commitment to promote the health, safety and well-being of the University community is further supported by University policies for student and employees.

Below are the links to applicable policies and procedures:

Alcohol & Drug Policy:

[https://policy.richmond.edu/documents/policy-pdfs/Public/Student-Development/alcohol\\_and\\_drug\\_policy.pdf](https://policy.richmond.edu/documents/policy-pdfs/Public/Student-Development/alcohol_and_drug_policy.pdf)

Standard of Student Conduct: <https://studentdevelopment.richmond.edu/student-handbook/standards-of-student-conduct.pdf>

Safe Spiders Protocol: <https://healthpromotion.richmond.edu/pdf/safe-spiders-protocol.pdf>

Student Athlete Alcohol and Drug Policy:

[https://richmondspiders.com/documents/2020/6/23//20\\_21\\_Drug\\_Alcohol\\_Policy\\_with\\_Appendices.pdf?id=8381](https://richmondspiders.com/documents/2020/6/23//20_21_Drug_Alcohol_Policy_with_Appendices.pdf?id=8381)

Financial Aid Penalties for Drug Law Violations: [https://policy.richmond.edu/documents/policy-pdfs/Public/Enrollment-Management/financial\\_aid\\_penalties\\_for\\_drug\\_law\\_violations\\_policy.pdf](https://policy.richmond.edu/documents/policy-pdfs/Public/Enrollment-Management/financial_aid_penalties_for_drug_law_violations_policy.pdf)

Drug Free Workplace Policy: <https://hr.richmond.edu/policies/required-legal/drug-free.html>

## STUDENT CODE OF CONDUCT

The Standards of Student Conduct applies to conduct that occurs on the campus of the University, on or in off-campus buildings or property of the University, and at University sponsored activities, including off-campus education programs and activities, or on public property.

Each student shall be responsible for their conduct from their first day on campus through the actual awarding of their degree (even though the conduct may occur before classes begin or after classes end) as well as during the academic year and during periods between terms of actual enrollment. Students who have accepted admittance to the University but have not yet enrolled are expected to conduct themselves according to the Standards. The Standards of Student Conduct shall apply to a student's conduct even if the student withdraws from the University while a disciplinary matter is pending.

### *NUMBER OF RESPONDENTS CHARGED (PER TYPE OF VIOLATION):*

#### 2018-19

Charge	Not Responsible	Not Responsible – Student Conduct Council	Not Responsible/Unfounded	Responsible	Responsible – Student Conduct Council
Illegal Activity - Distribution of Drugs	0	0	0	1	0
Illegal Activity - Possession/Use of Drugs	9	1	0	46	2
Other Regulations - Open Container in Public	0	2	0	5	0
Other Regulations - Public Consumption/Alcohol	1	2	0	4	0
Other Regulations - Public Intoxication	0	0	0	7	1

Other Regulations - Underage Consumption	0	1	0	46	0
Other Regulations - Underage Guest/Alcohol	0	0	0	7	0
Other Regulations - Underage Possession	8	0	1	106	0
Other Regulations - Unregistered Event	1	0	4	24	0

## 2019-20

Charge	Not Responsible	Not Responsible – Student Conduct Council	Not Responsible/Unfounded	Responsible	Responsible – Student Conduct Council
Illegal Activity - Distribution of Drugs	0	0	0	1	0
Illegal Activity - DUI/DWI	0	0	0	1	0
Illegal Activity - Possession/Use of Drugs	21	7	0	29	0
Other Regulations - ATOD Policy	0	0	0	1	0
Other Regulations - Open Container in Public	0	0	0	3	1
Other Regulations - Public Consumption/Alcohol	0	0	0	2	0
Other Regulations - Public Intoxication	0	0	0	5	0
Other Regulations - Tobacco	0	0	0	3	0
Other Regulations - Underage Consumption	0	0	0	29	0
Other Regulations - Underage Guest/Alcohol	0	0	0	5	0

Other Regulations - Underage Possession	3	0	2	47	2
Other Regulations - Unregistered Event	1	0	4	27	0

## ANNUAL SECURITY REPORT STATISTICS

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Use of illegal drugs and the unlawful use of alcohol by students and employees on University property is prohibited. Violators are subject to University sanctions as well as prosecution through the appropriate legal channels. For employees, by law, the University workplace is drug-free. No one is allowed to use, make, sell, distribute, possess, or be under the influence of any controlled substance (including alcohol) while at work.

The University of Richmond Police Department has the primary responsibility for the enforcement of state and federal laws pertaining to alcohol and drugs.

The University's Annual Security Report is published each fall and articulates policies regarding alcohol and controlled substances. The report also includes crimes statistics for the last three years including referrals and arrests for drug and alcohol violations.

2018 Annual Security Report:

<https://police.richmond.edu/common/Annual%20Security%20Report%20092618%20Final.pdf>.

2019 Annual Security Report: <https://police.richmond.edu/common/pdf/2019-annual-security-report-100119.pdf>

## ARRESTS & REFERRALS IN CALENDAR YEARS 2018 & 2019

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**Alcohol Law Violations:** Violations of laws or ordinances prohibiting the unlawful manufacture, dispensing, possession, use or distribution of alcohol.

**Drug Law Violations:** Violations of state and federal laws relating to the unlawful possession, use, manufacturing, distribution, or sale of illegal or controlled substances.

	CY 2018	CY 2019
Liquor Law Arrests	19	3
Liquor Law Referrals	166	112
Drug Law Arrests	25	9
Drug Law Referrals	40	66

## ACCOMPLISHMENTS

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The University of Richmond prevention programs are based on the belief that effective programs are evidence-informed, comprehensive and coordinated across the University.

### 2018-19 HIGHLIGHTS

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**SMART Recovery:** The SMART Recovery program was implemented in CAPS in 2019. SMART Recovery is a facilitated support program for students to help manage their recovery from any type of addictive behavior. The program is intended to help people determine if they have a problem, build motivation to change, cope with urges, manage thoughts, feelings and behaviors, and live a balanced life. In fall 2020, two graduate student interns and two additional staff members received SMART facilitators training.

**Sober and Stoked "6 Gifts" Screening:** "6 Gifts" is film following six individuals, from all walks of life, exploring their battles with addiction to their recovery and triumphs, with the help of sports such as snowboarding and surfing. After the screening a discussion was held. The program was sponsored by the Well-Being Unit, URPD and The Title IX and Compliance Office.

### 2019-20 HIGHLIGHTS

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**ATOD Strategic Plan** – In October 2019, Advisory Committee on Alcohol, Tobacco and Other Drugs released a five-year strategic plan. The Advisory Committee used SWOT analysis to identify the goals and goals were grouped into key areas of focus. The plan focuses on the following key areas: (1) prevention and education; (2) assessment and evaluation; (3) environmental management and (4) protective measures. The goals were targeted as short-range (within 1 year); mid-range (within 2-3 years) and long-range (3-5 years). The Substance Misuse Prevention Coordinator tracks progress with the responsible department on an annual basis.

**BASICS Program Implemented** – The BASICS program was fully implemented beyond the one-year grant. The program is offered to students that voluntarily want to change their drinking behavior as well as those sanctioned for a violation of the Alcohol, Tobacco and Other Drug Policy. Students that voluntarily want to make the change will meet with staff in the Well-Being Unit while sanctioned students will meet with the Substance Misuse Prevention Coordinator.

**CORE Survey Administered** -The CORE Survey measures students' attitudes, perceptions and opinions on substance use. The survey also measures behaviors of actual AOD use and consequences of use. The survey was implemented in September 2019. The survey was completed by 247 students.

**UR Safety and Wellness Web Brochure:** This brochure is sent to all incoming first-year students and their families. The brochure addresses community expectations and health and safety topics include alcohol and drug use.

**Ally Recovery Training:** The Recovery Ally Program trains faculty and staff to become recovery allies. The training focused on addiction as a brain disease, decreasing stigma around recovery, recovery as an on-going process, motivational interviewing, intervention skills and pathways to recovery.

**Tobacco Free Campus Initiative:** The University was awarded an \$8000 grant from the Tobacco-Free Generation College Initiative sponsored by the CVS Foundation and the American Cancer Society. The grant is awarded to colleges and universities to accelerate and expand the adoption and implementation of smoke-and tobacco-free policies on campuses across the country. A Tobacco Free Working Group was formed to assist in the implementation of a tobacco free campus (see Environmental Strategies section for more information on the working group). Two Well-Being staff members were certified as Tobacco Cessation Specialists at the Mayo Clinic.

**Recovery Programming Grant** - The University of Richmond received 2-year grant of \$50,000 from Virginia Commonwealth University Collegiate Recovery Program funded by the Department of Behavioral Health and

Developmental Services through the US Department of Health and Human Services. The grant provides training, recreation supplies and equipment to support Spiders in Recovery, a collegiate recovery program for undergraduate students who have opted into recovery, with additional bridging resources for those who are not yet ready. The grant also enabled the University to hire a part-time Recovery Support Specialist.

**Pilot of University 100 Course** – In fall 2019, the Student Co-Curricular Academic Initiatives Committee and Health and Well-being Unit piloted the University 100 course. University 100 is an introductory course intended for incoming first-year students, designed to provide a solid foundation for a successful four years at Richmond. The course has strong wellness components, while also introducing students in an engaging way to a Richmond education. The University 100 class will also incorporate the WELL 085 Graduation Requirement course.

## SUMMARY OF PROGRAMMING STRENGTHS & WEAKNESSES

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### **Strengths**

The University of Richmond has made significant progress in substance misuse education and is poised to build on its successes. The University of Richmond is a leader in prevention education by mandating that students complete the WELL 085, WELL 086 and WELL 090 Graduation Requirements. Successful completion of the requirements is mandatory for graduation. The WELL 085 Graduation Requirement provides students with awareness, education and risk reduction skills to assist them in making informed choices about their personal alcohol use.

Addiction and recovery are affecting more high school and college students. Collegiate recovery programs are helping to support students in recovery so that they can continue to grow, develop, and fulfill their academic and adult potential. Collegiate recovery programs provide a supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use. These programs are designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other. As a recipient of the Recovery Grant, the University has taken the initial steps to develop a collegiate recovery program. With the hiring of a part-time Recovery Support Specialist, UR's Recovery Program has effectively completed a number of new initiatives and activities including: training interns and others in SMART Recovery, creating campus Recovery Allies, and providing in-person and hybrid mutual aid meetings and opportunities for students to engage and connect around recovery, developing a website and social media presence, connecting with alumni in recovery, advocating for space, housing, and academic support for the program.

In March 2019, the University broke ground on a new Well-Being Center. The Well-Being Center is a comprehensive and integrated facility that includes all campus health care in one location, providing easy access for students and designed to be a collaborative high-impact environment to support student learning, student well-being, and student success. The Well-Being Center will play a critical role in the health and well-being of our campus community. The Center's staff and resources will focus on the "upstream" approach by providing programs and activities that are associated with healthful decision making and prevention. By instilling positive habits ranging from nutrition and sleep to stress management and sexual health, students will be less in need of the "downstream" services associated with intervention and rescue. The University will support programs, systems, and processes to support behaviors known to improve academic performance. The building opened in Fall 2020. To learn more about the Well-Being Center, please visit:

Building Features: <https://urwell.richmond.edu/well-being-center/well-being-features.html>

New Program and Services: <https://urwell.richmond.edu/well-being-center/new-program-services.html>

## **Weaknesses**

As we begin to collect data on student's substance use beyond the first year, it is imperative that we have a data set that accurately reflects student's substance use. The CORE Survey was administered in the fall 2019 semester. Despite efforts to have a large survey return, only 247 students responded to the survey (12% response rate). The goal for subsequent CORE Surveys is to increase the response rate to 17%. The data collected will be important in identifying key performance indicators for programming and development of a social norms campaign.

The Health Educator position is currently vacant therefore student outreach events, including ATOD education and prevention initiatives, are halted until the hire is made. This position is currently frozen and the Health Promotion Department has been advised to plan for the spring 2021 semester in the absence of this position. This position vacancy may also impact completion of the ATOD Strategic Plan initiatives.

As the University continues to develop and expand its collegiate recovery program, it will be essential to expand recovery/substance free housing options and to find a permanent designated space for recovery program initiatives. With space an issue on campus, securing a space for the Collegiate Recovery program maybe a challenge but is worth exploring for continued program success.

The University fails to address how members of the University community can host events with alcohol on campus.

## **ALCOHOL & DRUG PROGRAMS: AREAS FOR GROWTH AND DEVELOPMENT**

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The Advisory Committee on Alcohol & Other Drugs recommend the following areas for growth and development:

- Continue to strengthen membership and work of the Advisory Committee on Alcohol and Other Drugs. Evaluate membership and consider appropriate committee size and representation.
- Assess multiple assessment data sets (Core Alcohol Edu, Healthy Minds) to better identify trends in student alcohol and other drug use behaviors and examine how data can inform our work on campus.
- Utilize assessment data to develop marketing campaigns that includes social norms messages that addresses alcohol prevalence among the highest-risk student groups.
- Continue to apply disciplinary measures consistently for students that violate the Alcohol, Tobacco and Other Drug Policy.
- Resume the work to move toward becoming a smoke/tobacco free campus. Work on this area was paused due to the COVID-19 pandemic.
- Develop a plan for ATOD education and prevention beyond the first year.
- Enhance peer education around alcohol, tobacco and other drugs on campus.
- Develop a policy for hosting events with alcohol on campus.
- Continue to improve upon departmental collaborative efforts in education and outreach to students, including the ongoing assessment of programs and services.
- Continue to support Richmond's recovery program. Develop processes and programs to provide students with the opportunity to link with others who choose to abstain from using alcohol and other drugs.

- Connect Recovery Support Specialist with other diverse and rich resources within the university community to support students seeking recovery, risk management, or greater awareness surrounding substance use. This may include streamlining referrals, communications, collaboration and sharing of records as appropriate.
- Expand access to Recovery Ally Training for all employees and student leaders that support student academically, socially, physically, and in residential settings to work toward building a culture that destigmatizes recovery and supports choice surrounding abstinence and reduced substance use on campus.